



1. Rowing

A. Tie tubing or theraband to a stable anchor point, stand facing anchor point with elbows straight and arms stretched out in front of body. B. Initiate motion by squeezing shoulder blades together, then bend elbows and pull arms back. Keep chest high and shoulders down away from the ears. Slowly return arms to starting position. Repeat 15-20x.



4. External Rotation

A. Tie tubing or theraband to a stable anchor point, stand with anchor point to side. B. Hold band in outside hand and rotate arm away from body, keeping elbow in at side, forearm parallel to the floor and shoulders down away from ear. Slowly return arm to starting position. Repeat 15-20x on each arm.



2. Diagonal Rowing

A. Hold tubing or theraband in hands held diagonally in front of body. B. Initiate motion by squeezing shoulder blades together and separating hands diagonally. Keep chest high and shoulders away from ears. Slowly return arms to starting position. Repeat 15-20x, then switch diagonal so other hand is up and repeat 15-20x on the alternate side.



5. Long Arm Lats

A. With tubing or theraband on same anchor point, stand facing the anchor point with elbows straight and arms stretched out in front of body. B. Initiate motion by squeezing shoulder blades together, then pull arms back to hips while keeping arms straight. Keep chest high and shoulders away from ears. Slowly return arm to starting position. Repeat 15-20x.



3. Mid-Back Rowing

A. Hold tubing or theraband with straight arms parallel to the floor and hands slightly wider than shoulder width. B. Initiate motion by squeezing shoulder blades together and opening arms wide. Keep chest high, arms parallel to floor, and shoulders away from ears. Slowly return arms to starting position. Repeat 15-20x.



6. Diagonal Pushup

A. Start in a push up position, with one arm forward of the shoulder and the other arm back closer to hip level. B. Lower towards the floor by bending elbows, keeping a strong trunk with tight abs and glutes. Push back up to start position. Repeat 5x, then alternate hand positions and repeat 5x.



7. Diagonal Leg Lift

A. Start in the same diagonal pushup position. Keeping arms straight and abs and glutes tight, lift one leg off the ground 2"-3", holding for 3-5 seconds, then lower leg. B. Repeat on the opposite side. Repeat 5x on each leg.



8. Forearm Plank

Lie face down on a mat. Push off floor, keeping forearms and toes flat on the floor. Maintain a neutral spine, in a straight line from head to heels with no sagging or curving up, and head looking at the floor. Hold for 15 seconds, increasing over time up to 60 seconds.



9. Forearm Plank w/ Knee Drive

Start in plank position as described above in 8. Maintain a neutral spine by engaging abs and glutes, bend and drive one knee up towards shoulders. Lower leg, then bend and drive other knee forward. Repeat 10x on each leg.



10. Side Forearm/ Straight Arm Plank

A. Start side lying on a mat. Push off floor, keeping forearm and side of foot on floor. Lift trunk/hips to a straight position. Keep shoulder blade down. Hold 15-30 seconds. Repeat on opposite side. B. For a more advanced version, start exercise by pushing off floor and straightening support arm, then perform as above.



11. Side Plank Leg Lift

A. Start as described in 10A. Lift top leg 6"-12", and avoid allowing leg to drift forward or backward. Hold for 15-30 seconds. Repeat on opposite side. B. For a more advanced version, start exercise by pushing off floor and straightening support arm, then perform as above.