Seated Row

Starting Position: Move to the front edge of your chair. Extend both your legs in front of you, placing your heels on the floor. Place the band around your toes and grab one end of the band in each hand.

Finishing Position: Pull the band up your legs until your fists come to waist level. Feel your shoulder blades squeeze together. Return to starting position. Remember to keep your chest lifted and shoulders back.

Notes

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