Perform 2 sets of 6 to 15 repetitions of each exercise.

**Back Exercises**

**Double Arm Pull Down to Front**

**Starting Position:** Grasp the band in both hands, about shoulder width apart, and raise your arms over your head.

**Finishing Position:** Pull the band down in front of your face to chin level while stretching the band. Return to starting position. (May be performed in seated or standing position.)

To integrate more muscle groups and challenge balance stand with one foot forward/back or add a side/forward step while performing the above exercise.

**Notes**

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