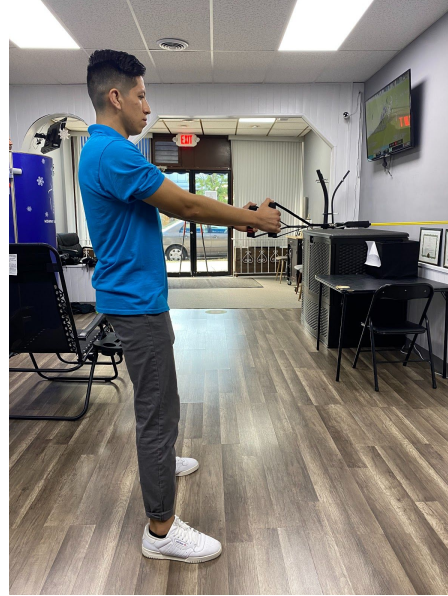


Rows Stretch Protocol

- Secure resistance band to a door
- This is recommended to be done standing but may be done sitting at edge of a chair
- Keep your back aligned with correct posture
- Hold band with both hands out in front of your thumbs toward the ceiling



- Pull back bending elbows and squeezing shoulder blades together
- Return to starting position and repeat

This exercise can be advanced with thicker resistance bands