Title: Resistance Band Bent Over Rows

Primary Muscle Groups: Middle Back / Lats

Secondary Muscle Groups: Abs, Biceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend slightly at the knees and forward at the hips. Maintain a braced core and flat back throughout.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Leading with your elbows, pull the handles of the resistance band back, bringing your shoulder blades closer together. Hold this contraction and slowly release to the starting position.</span></li>

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