**Resistance band pull-apart**

**Equipment**:Resistance Bands

* Start with a dumbbell or resistance band that lets you do 8–12 reps comfortably but not too easily.
* Increase the weight by about ½ kg (or move to the next band) every 3 months if it feels too easy.

**Instructions:**

1. Starting Position: Stand tall with your feet shoulder-width apart. Hold a resistance band in front of you with a grip slightly wider than shoulder-width.
2. Arm Position: Keep your arms mostly straight with a slight bend in the elbows. Ensure your elbows are pointed outwards.
3. Pulling the Band: Pull the band apart horizontally until it touches your chest, ensuring your hands are in line with your body. Squeeze your shoulder blades together as you pull the band apart.
4. Pause: Hold the position for a moment, focusing on the contraction in your upper back, then slowly return to the starting position.
5. Repetitions: Repeat the movement for the desired number of repetitions, maintaining control throughout the exercise.

**Tips for Effective Resistance Band Pull-Aparts:**

* Engage Your Core: Keep your core engaged throughout the exercise to maintain stability and posture.
* Control Your Movement: Avoid using momentum; focus on a slow and controlled movement to maximize muscle engagement.
* Adjust Band Resistance: Choose a resistance band that provides enough challenge while still allowing you to perform the exercise with proper form.
* Breathe: Exhale as you pull the band apart and inhale as you return to the starting position to ensure proper breathing throughout the exercise.