



Tubing Back Row

Because our eyes are in the front of our heads, we spend our days doing things in front of us. That creates a muscle imbalance, making the muscles in the front of our bodies much stronger than the ones in our backs. Every activity we do during the day reaches our arms forward and pulls our shoulder blades apart. This exercise helps combat that muscle imbalance and improves your posture, by making the muscles that pull your shoulder blades back stronger, and helping you stand and sit up straighter. If only we had eyes in the back of our heads!

Starting Position:

- Anchor your tubing at waist height. You can use a door attachment to anchor it, or just wrap the tubing around something strong and stable.
- Grab one handle of the tubing with each hand, and stand back far enough that the tubing starts to pull your shoulders forward while your arms are outreached.
- Stand with your knees slightly bent and draw your navel in to engage your abs and prevent your low back from over-arching.



Movement:

- With your palms facing each other, exhale as you pull your shoulder blades together and your elbows back at the same time.
- Inhale as you let your arms return to the starting position. Do 8-15 repetitions. Adjust your distance from the anchor and the level of resistance of the tubing to stay in the recommended repetition range. With 30-60 seconds of rest in between, you can even do another set or two!

Workout Options:

- To make the exercise easier, try it sitting down.
- To make it more challenging, try it standing on 1 leg!

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