

Trapezius (Bands)

Seated Upright Row with Band



Exercise Description:

Seated Upright Row with Band

Classification:

Trapezius (Bands)

Instructions:

1. Start by sitting on a bench with the band secured under your feet or the bench.
2. Raise the band up by pulling with your hands up towards your shoulders.
3. During the movement keep your elbows higher than your hands or try to lead the movement with your elbows.
4. Return to the starting position and repeat.

Seated Upright Row on Ball with Band



Exercise Description:

Seated Upright Row on Ball with Band

Classification:

Trapezius (Bands)

Instructions:

1. Start by sitting on a ball with the band secured under your feet or the ball.
2. Raise the band up by pulling with your hands up towards your shoulders.
3. During the movement keep your elbows higher than your hands or try to lead the movement with your elbows.
4. Return to the starting position and repeat.

