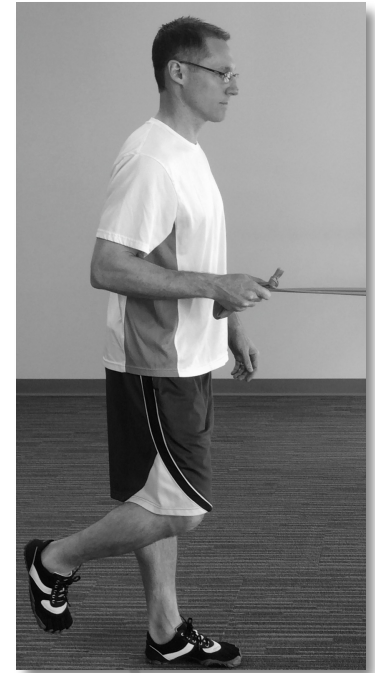


# Rowing



- With a waist-height resistance band or pulley cable mounted in front of you, start with your arm out in front of you and your wrist straight.
- Pull the band straight toward your elbow making sure your elbow does not pass behind your shoulder.
- Perform 20 times or until fatigue, whichever comes first.
- Progress by picking up your back leg and balancing on one foot.