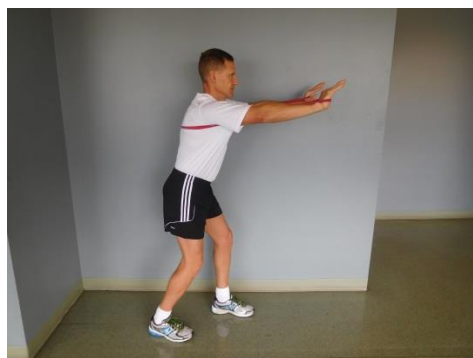


## Strength



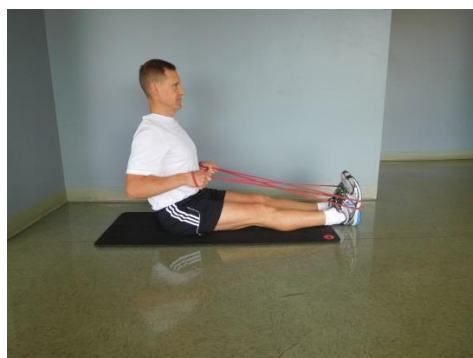
### Split Stance Squat

**Start:** Place band underneath both feet. Wrap band over both shoulders and hold in front of neck. Step one foot back through band. Squat down keeping forward foot heel on ground.



### Chest Press

**Start:** Wrap band around back and shoulders and place hands in loop. Press arms forward, return hands to side of chest and repeat.



### Seated Row

**Start:** Seated on floor wrap band around both feet. Grab the end of band and pull hands to side of chest, release arm straight in front of body and repeat.



## External Shoulder Rotations

**Start:** Hold band with under hand grip with elbows placed at side and forearms positioned straight out in front of body. Pull hands apart while keeping the elbows tight to sides.



## RDL RBT Band

**Start:** Position feet in a staggered stance, place band under forward foot and grab with both hands. Stand tall pulling up on band and return to position in picture.



## UPRIGHT ROW RBT Band

**Start:** Position band under both feet and hold with both hands about 6 inches apart. Pull band upward towards chin being sure to keep elbows elevated above hands.



## Lateral Lunge Stationary

**Start:** Start standing tall with feet at shoulder width and hands on opposite shoulders. Step to the side, keep both feet pointing straight forward, push hips back and shift weight towards bent knee.

**Finish:** Descend hips downward until thigh is parallel to ground while keeping back flat. Return to standing position.



## Lateral Pull Hold RBT Band

**Start:** Wrap band around back of shoulders. Hold band with both hands in front of body. While maintaining proper postural stance, keeping arms straight at elbows, pull band outward.