

Scapular Retraction Rows



Setup-Standing in front of the where you have the band anchored or the exercise machine, you want to hold the band in each hand, elbows close to your sides and bent at 90 degrees (adjust the band height accordingly).

Part 1-Draw your shoulder blades together, like you are trying to pinch a pencil between them, making sure you DO NOT raise your shoulders up. Again, this defeats the purpose of the exercise.

Part 2-While keeping the shoulder blades together, perform a row by pulling your elbows backward.

Part 3-Relax your arms bringing your elbows back to your sides while maintaining the shoulder blade contraction. Again, you should not relax your shoulder blades yet.

Part 4-Now relax your shoulder blades

That is 1 repetition of the exercise. You want to shoot for 3 sets of 10 reps to begin. If this is too difficult you can try decreasing the resistance of the band or do less reps, working your way up to 10. It is more beneficial to do less reps or lower weight correctly than it is to do 10 reps of an exercise the wrong way. You want to try and do this exercise every other day.