

### Split Leg Band Row



Kneel on right knee and place another leg firmly in 90 deg. Grip the band and pull backwards like a rowing motion. And slowly get back to starting position.

### Banded Deadlift



With the band tied in a loop, stand on band with feet hip width, holding knotted end with both hands. Bend knees slightly, hinge forward from hips until chest is almost parallel to the floor, keeping back naturally straight and abs in tight. Maintaining straight spine, engage your glutes to bring body back to start position.

### Lateral Lunge with Band Pull



Place band on ankles. Stand with your feet shoulder-width apart. Pull the band apart with your legs so that you can feel tension in your hips. Lower down into a quarter squat. Start to step out to the side. Keep glutes and core tight. Switch sides, step to the left squat hold and lift, move to the right, squat hold and repeat.

### Band Face Pull



Attach the band to something very firm, on the levels of your head. Choose position where the tension is high enough to allowing your needed reps. Pull the weight directly towards your face.

### Half-kneeling Chops (R&L)



Kneel on one knee and grasp a rope handle attached to a pulley over your opposite shoulder. Brace your abs. Slowly draw the cable diagonally down and across your body to the opposite of your hip.