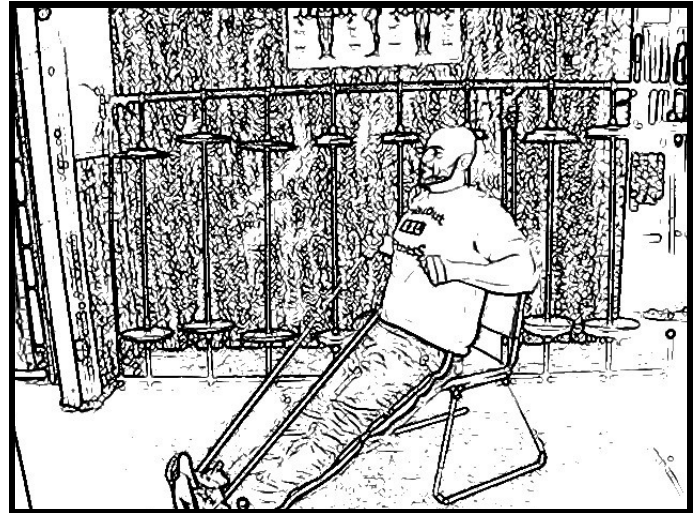
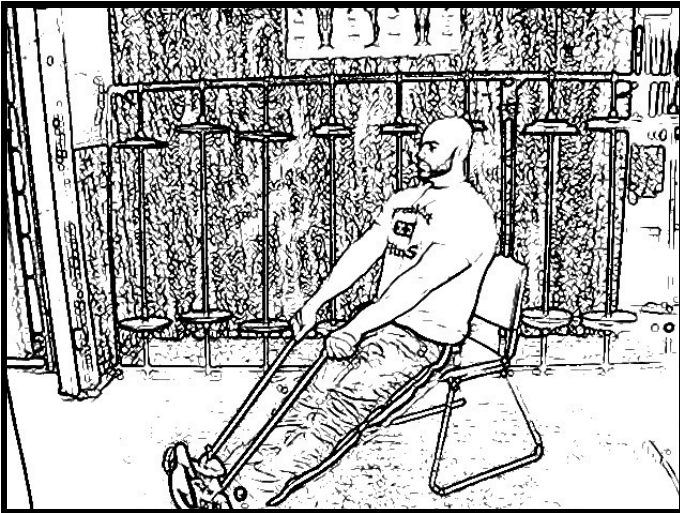


Seated Row

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Upper back and Shoulder muscles

Sit toward the edge of a sturdy chair keeping good posture, legs and knees extended with toes pointing toward the ceiling. With the middle of the band around both feet, grasp an end of the band in each hand so it is straight but not overstretched, palms face down. This is the starting position. Inhale, then exhale and pull the elbows straight back to bring the hands to the chest. Inhale and return to the starting position in a slow and controlled movement. Focus on squeezing the shoulder blades together when pulling the band to target the upper back muscles.

Continue for 2 sets of 8-15 reps.