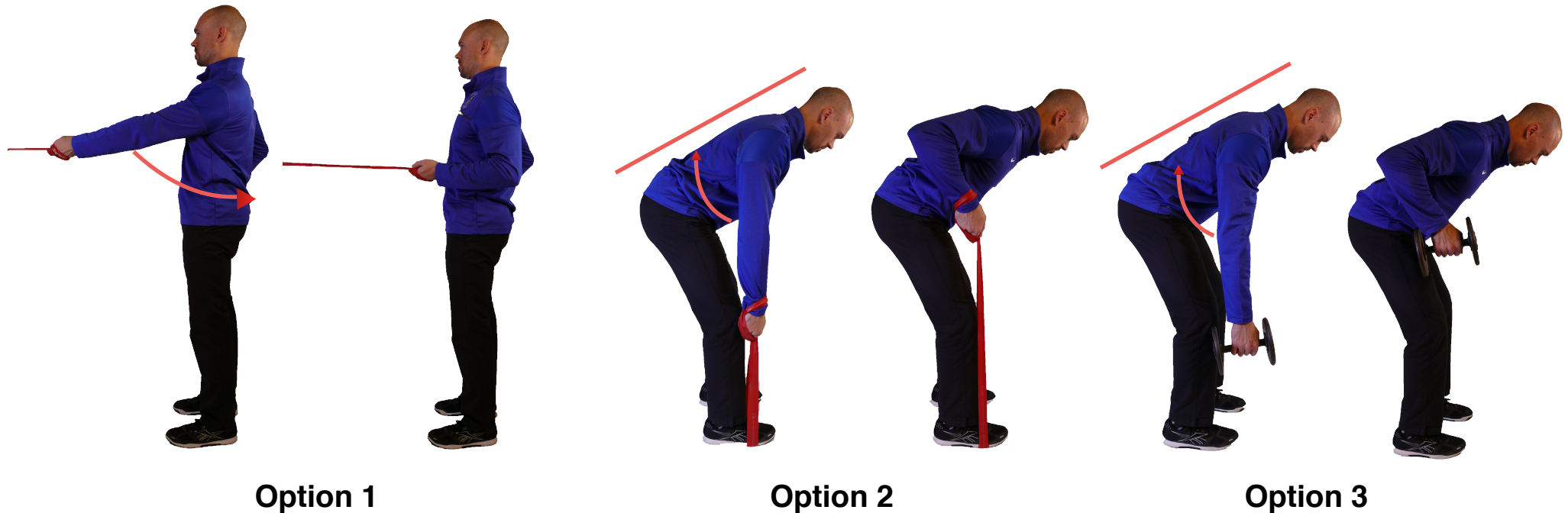




STANDING ROW



INSTRUCTIONS

Step 1: Squeeze shoulder blades together

Step 2: Pull elbow to your side

Step 3: Hold that position for ____ seconds then return to the starting position slowly over ____ seconds

Sets: _____ Repetitions: _____ Duration: _____ Frequency: _____