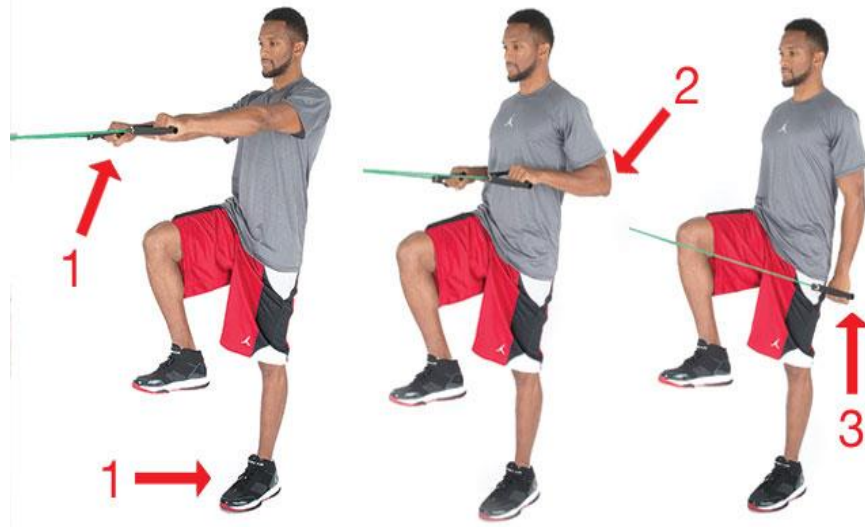


# Single-Leg Resistance Band Row to Triceps Push-Down



**Description:** Stand on one leg holding a resistance band in front of your chest. Squeeze your shoulder blades together and pull your elbows back to perform a row. Push your hands down to straighten your arms, keeping your elbows close to your sides. Return to the starting position.

**\*\*Tip:** Focus vision on a particular spot (eg. a mark on the wall) to help improve your balance.

**Sets/reps:** 10-12 reps for 3 sets.

**Modifications:** Increase the resistance by standing further from the resistance bands anchor point.

**Common Mistakes:** Flaring elbows out to sides, not using the midback in the row.

**Target Muscles:** Triceps, Midback, Quadriceps, Glutes.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

