

# SHOULDER PULL BACK EXERCISE

SHOU138



Strengthening  
Triceps  
Latissimus  
Deltoids  
Rhomboids  
Spinal muscles

## AREAS AFFECTED

Triceps  
Latissimus  
Deltoids  
Rhomboids  
Spinal muscles

## ADVICE

Sit on the floor with your legs straight. Place a large exercise band under your feet and grip both ends with your hands. Pull back your arms keeping your back straight.