

## **Mid Back Strength Exercises**

**If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.**

**Repeat for 2 sessions per week - Rest 1-2 minutes between sets and exercises.**

Warm Up:

Rockback Breathing – 2 sets of 6 breaths

KB Screwdriver – 3 sets of 30 seconds each side

**Program:**

Alternating Row – 3 sets of 8

Banded Pulldowns – 3 sets of 8

Alternating Press- 3 sets of 8

Banded Work – Build up to Dumbbells to aim for 3 sets of 6-8 in each position

Pullovers – Work up to 3 sets of 8 reps increasing weight over time