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Home Back Exercises Printable Cue Guide

Band rows, downward pulls and lighter control movements

Use this sheet with the full guide and the instructions for your actual equipment. Choose a repeatable movement; you do not need all six in one session. Attachment height describes the pulling line, not installation permission.

Six band variations

Movement	Required format	Movement reminder
Standing band row	Approved external attachment in front; suitable elastic system.	Draw elbows backward with a quiet trunk; return smoothly. Unload if the attachment or grip shifts.
Bent-over band row	Foot contact permitted for the actual band; secure shoes; maintain a comfortable hinge.	Row without standing up to finish. A failing hinge ends the set, even if the arms could continue.
Band lat pulldown	Approved overhead attachment and a comfortable overhead starting position.	Elbows bend as the hands descend in front. Keep the return overhead controlled.
Straight-arm band pulldown	Compatible high attachment; light rehearsal of the arm arc.	Keep a small elbow bend fairly constant. Avoid bowing or arching the trunk to finish.
Band pull-apart	Suitable long directly held band; even grip; no external attachment.	Move the hands apart, then return slowly without turning the movement into a row or shrug.
Band face pull	Compatible light system with a suitable high attachment and clear hand path.	Hands move toward either side of the face; face contact is not a target. Keep head and trunk quiet.

Before loading: inspect the band and fittings, establish permitted contact and working length, and rehearse the whole path lightly. A color or printed resistance total does not establish compatibility.

During a set: keep control of both pull and return. Stop for pain, dizziness or an unexpected loss of control. Remove tension before changing grip, foot position or connections.

This is an original reminder sheet, not a tested complete workout, equipment approval or a back-pain treatment plan.

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Different tools, different tasks

Movement	Required format	Movement reminder
Supported dumbbell row	One suitable dumbbell; purpose-made bench support for the opposite hand and knee.	Keep the working arm close; stop before torso rotation is needed. Lower gently.
Suspension row	Complete suspension system and attachment rated for the intended bodyweight use.	The body moves as a unit while the arms extend and pull. Suspension straps are not elastic bands.
Bodyweight bird-dog	Hands under shoulders, knees under hips; no added resistance.	Extend an opposite arm and leg only while trunk position stays controlled. The full movement is intermediate.

Holding the trunk steady during a row and practising separate trunk control are different goals. A lat pulldown is not a lower-back treatment. Keep the bird-dog unweighted; added band or weight resistance is a different task.

Your setup record

Movement and resistance	Support / working length / grip	Work completed and control notes

Change one meaningful variable at a time. Package mass, fixed dumbbell mass and elastic resistance labels are different measurements. Sets, repetitions and recovery belong to your wider program and current ability.

Sources and full explanations

Read the full PBGGAME home-back exercise guide

- Mayo Clinic: resistance-tubing row
- ACE: supported single-arm row
- Gymreapers: band pulling patterns
- Catalyst Athletics: straight-arm pulldown
- StrengthLog: banded face pull
- British Heart Foundation: pull-apart
- TRX: low-row instruction
- ACE: bodyweight bird-dog

Prepared by PBGGAME, 25 October 2026. Brief original paraphrases; source examples do not certify other manufacturers' connections or product suitability. If pain or a medical limitation is your concern, seek individualized guidance.