Upper Back Mobility & Strength Workout

BETTER MOVEMENT • STRONGER POSTURE • A HEALTHIER YOU

GOAL: Improve upper-back mobility, strengthen the muscles that support good posture, and reduce stiffness through the upper back and shoulders.

EQUIPMENT: Resistance band

FREQUENCY: 2–3 times per week

TIME: Approximately 10–15 minutes

1 Upper-Back Reach & Stretch

20–30 seconds × 2



- Hold the band with both hands in front of you.
- Reach your hands forward while gently rounding your upper back.
- Think about spreading your shoulder blades apart.
- Breathe slowly and relax your neck and shoulders.
- You should feel a gentle stretch across your upper back.

FOCUS: Mobility and reducing upper-back tension.

2 Band Pull-Aparts

10–15 repetitions × 2–3 sets



- Hold the band at chest height with your palms facing down.
- Keep your arms straight with a slight bend in your elbows.
- Pull the band apart while gently squeezing your shoulder blades together.
- Slowly return to the starting position.

FOCUS: Upper-back strength and posture.

TIP: Keep your shoulders down — avoid shrugging.

3 Resistance Band Rows

10–15 repetitions × 2–3 sets



- Secure the band at approximately chest height.
- Start with your arms extended.
- Pull your elbows back toward your ribs.
- Squeeze your shoulder blades together without lifting your shoulders.
- Slowly return to the starting position.

FOCUS: Rhomboids, middle back, and postural muscles.

TIP: Keep your chest lifted and avoid leaning backward.

4 Band Face Pulls

10–12 repetitions × 2 sets



- Secure the band around face height.
- Hold the band with both hands and pull it toward your face.
- As you pull, bring your elbows out to the sides.
- Finish with your hands near your ears.
- Slowly return to the starting position.

FOCUS: Upper back, rear shoulders, and shoulder stability.

TIP: Use a right band and keep the movement slow and controlled.

5 Overhead Band Reach

8–10 slow repetitions



- Hold the band with both hands, slightly wider than shoulder width.
- Raise your arms overhead.
- Gently move your arms backward as far as comfortable.
- Return to the starting position.
- Keep your ribs stacked and avoid arching your lower back.

FOCUS: Shoulder and upper-back mobility.

6 Upper-Back Posture Reset

5 slow breaths



- Sit or stand tall.
- Gently draw your shoulders down and back.
- Imagine the crown of your head reaching toward the ceiling.
- Take five slow, deep breaths.
- With each exhale, allow your shoulders to relax while maintaining your tall posture.

FOCUS: Body awareness and postural control.

YOUR 10–15 MINUTE ROUTINE

Warm-up / Mobility

- [x] 1. Upper-Back Reach & Stretch (20–30 sec)
- [x] 2. Overhead Band Reach (8–10 reps)

Strength

- [x] 3. Band Pull-Aparts (10–15 reps)
- [x] 4. Band Rows (10–15 reps)
- [x] 5. Band Face Pulls (10–12 reps)

Finish

- [x] 6. Upper-Back Posture Reset (5 breaths)

Remember:

- ✓ Move slowly.
- ✓ Breathe normally.
- ✓ Quality is more important than resistance.

You should feel your upper-back muscles working, but not strain. Not experience sharp pain, numbness, tingling, or shoulder pain.

If you do, stop the exercise and let your fitness professional know.

Small Steps = Big Changes

STRONGER BACK | BETTER POSTURE | MORE POSSIBILITIES