

# 5-Minute Band Burner:

## Shoulders & Upper Back

Quick resistance band workout to activate posture, control, and shoulder resilience.



## Overview

<i>Why This Matters</i>	Most of us live leaning forward – phones, laptops, driving. This simple sequence brings strength and awareness back to your upper back and shoulders. It supports good posture, protects joints, and builds confidence under load.
<i>Goal</i>	To switch on your scapular stabilisers and shoulder muscles using a loop band – perfect as a warm-up or posture reset.
<i>Expected Outcome</i>	<ul style="list-style-type: none"><li>● Improved shoulder stability and posture</li><li>● Better connection to pulling and pressing mechanics</li><li>● A sense of openness and lightness through the upper body</li></ul>
<i>Setup</i>	<ul style="list-style-type: none"><li>● Use a <b>loop-style mini band</b></li><li>● Perform all moves standing or seated upright</li><li>● Keep a soft bend in your knees</li><li>● Band starts held lightly between hands or anchored under your foot</li></ul>
<i>The Circuit</i>	<b>Do 1-2 rounds. Focus on control, not speed.</b>
<i>Progress</i>	<b>If needed start with lower reps. As you become <i>more proficient</i> and it gets easier, add in more rounds, if times allows. go up a coloured band, or slow down the movement, by counting to 3 or 5, trust me, you'll feel it - simple.</b>

# The Circuit

<i>Banded Pull-Aparts</i>  <i>12-15 reps</i>	<b>Setup:</b> Hold the band at shoulder height with arms straight in front. <b>Cue:</b> Soft ribs. Pull the band to your chest, not your throat. <b>Purpose:</b> Activate mid traps and posterior delts.
<i>Single-Arm Banded Row</i>  <i>10-12 each side</i>	<b>Setup:</b> Stand on one end of the band and hold the other in your hand. Hinge slightly forward. <b>Cue:</b> Pull to your ribs. Elbow close. Squeeze your shoulder blade. <b>Purpose:</b> Strengthens upper back with no setup required.
<i>Banded Rows (Two Hands)</i>  <i>10-12 reps</i>	<b>Setup:</b> Wrap the band around both feet (sitting or standing). Hold with both hands. <b>Cue:</b> Elbows back. Squeeze your shoulder blades together. Slow return. <b>Purpose:</b> Builds pulling strength and shoulder control.
<i>Banded Straight Arm Pulldown</i>  <i>12-15 reps</i>	<b>Setup:</b> Hold the band overhead in both hands with arms straight. <b>Cue:</b> Keep arms straight. Pull to your thighs. Feel the lats catch. <b>Purpose:</b> Light lat activation and scapular control.

**Total Time: ~5 Minutes**

Rest 20-30s between moves if needed. Add a second round if it feels good.

## Want More?

This is one of the four Garage Champions Freebies. You can grab the rest – no kit circuits, strength habit builders, and Friday Five weekly drops – and consider support the project via the site.

© Garage Champions. All rights reserved.

This material is original and shared in good faith. Please don't copy, reproduce, or republish without permission.

The information provided is for general use only and is not a substitute for individual medical or professional advice.

By using this content, you accept full responsibility for your own health and wellbeing.

Always train within your limits. If you're unsure whether any movement or practice is appropriate for you, consult a qualified healthcare provider first.

Garage Champions and its creators disclaim all liability for injuries or outcomes resulting from the use or misuse of this material.