

How to Train Your Back at Home with Bands and TRX Rows (My 20-Minute Routine)

Who this is for

Busy professionals training at home

Equipment: TRX or suspension straps, light to heavy resistance bands

Goal: stronger lats, better posture, fat loss support

How this works

Format: 2 EMOM strength blocks + 1 finisher

Time: 20 minutes total

Progression: add reps first, then increase difficulty, then add band tension

Warm-up (2 minutes)

- 20 band pull-aparts
- 10 cat-cows
- 10 hip hinges
- 10 scapular wall slides

Day: Back Focus, 20 Minutes

Block 1: TRX Row EMOM (Minutes 0–8)

Odd minutes: TRX Neutral-Grip Row, 6–12 reps

Even minutes: TRX High Row to Face Pull, 8–12 reps

Form notes: keep ribs down, squeeze shoulder blades, control the lowering for 2–3 seconds. Adjust foot position to change difficulty.

Block 2: Band + TRX Pull EMOM (Minutes 8–16)

Minute 1: Banded Lat-Focused One-Arm Row, 8–12/side

Minute 2: TRX Archer Row or Wide Row, 6–10 reps

Form notes: drive elbow toward hip on lat rows, hold a 1-second pause at peak contraction.

Finisher: 4-Minute AMRAP (Minutes 16–20)

- 8 TRX Low Rows (feet further forward for challenge)
- 10 Banded Straight-Arm Pulldowns
- 8 TRX Reverse Flies or T/Y Raises
- Score rounds. Aim to tie or beat next time.

Progressive overload rules

Start with 6–8 clean reps. Build to 10–12 across all working minutes.

When you hit the top of the range for two sessions:

- Make TRX harder: step feet closer, lower your body angle, or elevate feet.
- Make bands harder: move further from anchor or use a thicker band.

- Add a 1-second squeeze at the top or a 3-second lowering.
Progress one variable at a time.

Weekly schedule

Train this 2 times per week, 48 hours apart.
Optional third day: repeat with easier angles and focus on slow tempo.

Suggested setups and cues

TRX height: handles at mid-chest for rows. Walk feet forward to increase difficulty.
Neutral spine, long neck. Initiate pull by drawing shoulder blade back, then row.
Keep wrists straight and grip firm, but do not shrug.
Exhale as you pull, inhale as you lower.

Exercise swaps by level

Easier: Bend knees more, stand taller, use lighter band, shorten range at first.
Harder: Elevate feet on a low step, add isometric 2-second hold, slow 3–0–3 tempo.

Sample starting difficulty guide

Beginner: body angle ~30 degrees, light band
Intermediate: body angle ~45 degrees, medium band
Advanced: feet elevated 6–12 inches, heavy band

6-week example

Weeks 1–2: Learn angles. Hit 6–9 reps. Keep tempo 2 seconds down.
Weeks 3–4: Push to 10–12 reps. Add 1-second peak hold.
Week 5: Make rows harder by moving feet in 3–6 inches.
Week 6: Keep new angle. Add band tension on pulldowns or one-arm rows.

Posture and health tips

Add 1–2 micro sets of band pull-aparts during work breaks, 20 reps each.
Daily walk 6–8k steps to support recovery and fat loss.
Protein: 0.7–1.0 g per pound of goal body weight, spread over 3–4 meals.

Quick FAQ

How do I know my row angle is right? You should have 2 reps in reserve at the first minute and still complete at least 6 reps by the last minute.

My elbows ache. What now? Use a neutral grip, reduce the angle, slow the tempo, and keep your elbows at 30–45 degrees from your body.

Bands slipping? Loop the band through itself around a sturdy anchor, or stand on the band ends for more stability.

Disclaimer: This workout is for general fitness purposes only. Consult with a physician before starting any exercise program, especially if you have pre-existing conditions or injuries.

For the full article, visit: fitwithgreg.com