PROJECT 100 / MUSCLE FOCUS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

1. Supported single-arm chest press

Chest / 2 planned sets / 8-12 each side



START / handle beside chest | FINISH / controlled press

GRIP / Neutral handle grip

SETUP / Stable box; rear anchor near chest height.

MOVE / Press forward without leaning or twisting.

RETURN / Stop before elbow lock; return within a comfortable arc.

MAIN / RED
Pectoralis major: moves the upper arm forward and across the chest.

SECONDARY / BLUE
Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

SUPPORT / GREEN
Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

RESISTANCE BANDS

2. Standing two-arm band chest press

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / handles beside chest | FINISH / controlled forward press

GRIP / Neutral handle grip

SETUP / Two secure rear anchors at chest-height level; one continuous band per handle.

MOVE / Press forward at chest height; keep hands shoulder-width apart.

RETURN / Return slowly; wrists stay aligned, with no forced twist.

MAIN / RED
Pectoralis major: draws the upper arm forward and toward the chest midline.

SECONDARY / BLUE
Triceps extend the elbows; anterior deltoid assists the press.

SUPPORT / GREEN
Abdominals resist arching and rotation; hips and legs steady the split stance.

RESISTANCE BANDS

3. Standing mid-height band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / arms comfortably open | FINISH / hands meet before chest

GRIP / Neutral handles / fly arc

SETUP / Two secure rear anchors at chest-height level; one continuous band per handle.

MOVE / Sweep both upper arms forward in a hugging arc; keep a soft elbow bend.

RETURN / Return slowly; wrists stay aligned, with no forced twist.

MAIN / RED
Pectoralis major: draws the upper arm forward and toward the chest midline.

SECONDARY / BLUE
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

SUPPORT / GREEN
Abdominals resist arching and rotation; hips and legs steady the split stance.

RESISTANCE BANDS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

4. High-to-low band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / arms open below shoulders

FINISH / hands forward and down

GRIP / Neutral handles / fly arc

SETUP / Two secure rear anchors at high level; one continuous band per handle.

MOVE / Sweep forward and down toward the upper abdomen without straightening the elbows.

RETURN / Return slowly; wrists stay aligned, with no forced twist.

MAIN / RED
Pectoralis major: draws the upper arm forward and toward the chest midline.

SECONDARY / BLUE
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

SUPPORT / GREEN
Abdominals resist arching and rotation; hips and legs steady the split stance.

RESISTANCE BANDS

5. Low-to-high band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / hands outside hips

FINISH / hands before upper chest

GRIP / Neutral handles / fly arc

SETUP / Two secure rear anchors at low level; one continuous band per handle.

MOVE / Sweep forward and upward to chest height with softly bent elbows.

RETURN / Return slowly; wrists stay aligned, with no forced twist.

MAIN / RED
Pectoralis major: draws the upper arm forward and toward the chest midline.

SECONDARY / BLUE
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

SUPPORT / GREEN
Abdominals resist arching and rotation; hips and legs steady the split stance.

RESISTANCE BANDS

6. Single-arm band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / working arm open

FINISH / handle near chest midline

GRIP / Neutral handles / fly arc

SETUP / One secure rear/side anchor at chest-height level; one continuous band per handle.

MOVE / Draw one upper arm across the front of the chest without turning the trunk.

RETURN / Return slowly; wrists stay aligned, with no forced twist.

MAIN / RED
Pectoralis major: draws the upper arm forward and toward the chest midline.

SECONDARY / BLUE
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

SUPPORT / GREEN
Abdominals resist arching and rotation; hips and legs steady the split stance.

RESISTANCE BANDS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

7. Seated straight-bar pressdown

Triceps / 2 planned sets / 8-12



START / elbows bent | FINISH / soft elbow extension

GRIP / Overhand / pronated grip

SETUP / Stable box; high front line and straight bar.

MOVE / Extend the elbows while keeping upper arms nearly still.

RETURN / Bend the elbows slowly; keep the bar clear of the face.

MAIN / RED
Triceps brachii: straightens the elbow.

SECONDARY / BLUE
Forearm muscles steady the grip and wrist; shoulder muscles hold the upper arms beside the torso.

SUPPORT / GREEN
Trunk muscles hold a quiet seated posture; both feet and the box provide support.

RESISTANCE BANDS

8. Standing mid side band bar pressdown

Triceps / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Overhand / pronated grip

SETUP / Standing, feet close together; torso inclined; both hands on bar

MOVE / Hands drive bar down toward thighs as elbows extend

RETURN / Return along the same handle path under control.

MAIN / RED
Triceps brachii contributes during elbow extension as the bar descends.

SECONDARY / BLUE
Shoulder and scapular muscles control upper-arm position; forearm muscles grip the bar.

SUPPORT / GREEN
Trunk control and the floor or box contacts shown.

RESISTANCE BANDS

9. Standing shared-handle overhead extension

Triceps / 1 planned set / 8-12 controlled repetitions



START / handle behind head | FINISH / handle overhead

GRIP / Two-hand shared grip

SETUP / Both hands share one handle; two tubes run to low rear.

MOVE / Extend both elbows to move the shared handle overhead.

RETURN / Bend both elbows; return the handle behind the head.

MAIN / RED
Triceps brachii extends both elbows as the shared handle moves overhead.

SECONDARY / BLUE
Shoulder muscles control upper-arm position; forearm muscles hold the shared grip.

SUPPORT / GREEN
Trunk and hip stabilizers maintain the standing posture. Both feet form the base in the illustrated version.

RESISTANCE BANDS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

10. Floor-kneeling overhead band extension

Triceps / 1 planned set / 8-12 controlled repetitions



START / elbows flexed | FINISH / handles overhead

GRIP / Neutral handle grip

SETUP / Both knees on the floor; one rear-line handle per hand.

MOVE / Extend the elbows to raise both handles overhead.

RETURN / Bend elbows and return hands behind the head.

MAIN / RED
Triceps brachii extends the elbows as the handles move overhead.

SECONDARY / BLUE
Shoulder muscles steady the upper arms; forearm muscles maintain each handle grip.

SUPPORT / GREEN
Both knees and shins contact the floor. Trunk and hip muscles maintain the kneeling posture.

RESISTANCE BANDS

11. Inclined high-rear alternating elbow extension

Triceps / 1 planned set / 8-12 controlled repetitions



START / elbows bent | FINISH / one arm extends

GRIP / Retained palm-loop grip

SETUP / Stand in a low stance with one independent palm grip in each hand beside the head.

MOVE / Extend one elbow to guide that hand forward and down while retaining the other grip.

RETURN / Bend the elbow slowly and practise the other side separately.

MAIN / RED
Triceps brachii straightens the working elbow; latissimus contributes when the upper arm draws down.

SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

12. Standing inclined single-arm low-rear elbow extension

Triceps / 1 planned set / 8-12 controlled repetitions



EXTENDED / controlled elbow | BENT / controlled return

GRIP / Neutral handle grip

SETUP / Stand inclined with one rope grip beside the hip and the free hand on the low back.

MOVE / Straighten the working elbow to guide the hand beside and behind the hip.

RETURN / Bend the elbow slowly while holding the torso steady.

MAIN / RED
Triceps brachii contributes as the elbows straighten.

SECONDARY / BLUE
Shoulder and forearm muscles guide the upper arms and grip.

SUPPORT / GREEN
Trunk and hip muscles steady the position and support contacts.

RESISTANCE BANDS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

13. Shared-grip side-line anti-rotation reach

Core / 2 planned sets / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on one side-line grip beside the chest.

MOVE / Reach forward while keeping the torso facing ahead.

RETURN / Bring the hands toward the chest slowly without turning toward the attachment.

MAIN / RED
Abdominal wall and obliques resist rotation as the hands reach away from the chest.

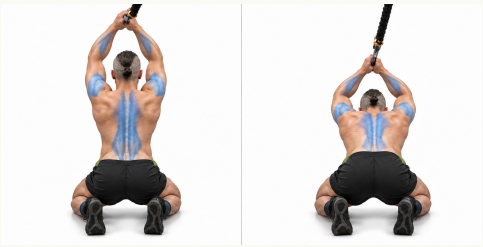
SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

14. Floor-kneeling high-line torso fold

Core / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor with both hands on the high-front grip.

MOVE / Fold the torso forward while controlling the overhead grip.

RETURN / Raise the torso and hands slowly along the same line.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

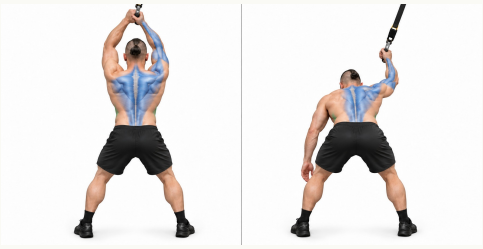
SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

15. Standing high-line torso fold with grip variations

Core / 1 planned set / 8-12 controlled repetitions



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Shared-to-single grip variation

SETUP / Stand in a wide base with the high-front grip overhead.

MOVE / Incline the torso while controlling the line; the illustrated sequence changes from two hands to one.

RETURN / Return slowly, keeping each grip change separate from the loaded movement.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

PROJECT 100 / MUSCLE FOCUS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

1. Shoulder band-bar squat

Legs / 2 planned sets / 8-12



START / standing FINISH / partial squat

GRIP / Overhand / pronated grip

SETUP / Padded bar across upper back; paired low side/rear lines.

MOVE / Bend hips and knees into a controlled partial squat.

RETURN / Extend hips and knees toward standing.

MAIN / RED
Quadriceps and hip extensors contribute to standing from the squat.

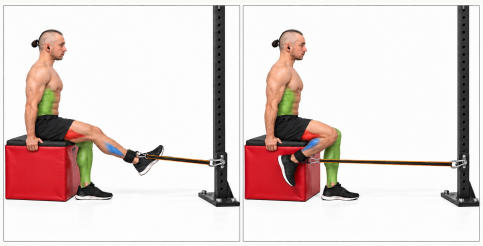
SECONDARY / BLUE
Hamstrings and spinal extensors assist hip and trunk control; shoulder and arm muscles stabilize the bar.

SUPPORT / GREEN
Abdominal muscles stabilize the torso, with feet planted on the floor. Ankle and calf muscles control the base.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

2. Seated single-leg band curl

Legs / 1 planned set / 8-12 each side



START / heel forward FINISH / heel drawn back

GRIP / Ankle-cuff resistance

SETUP / Stable box; low front line and approved ankle cuff.

MOVE / Draw the heel back by bending the knee.

RETURN / Return slowly; keep the heel path clear of the box.

MAIN / RED
Hamstrings bend the knee, drawing the heel back.

SECONDARY / BLUE
Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

SUPPORT / GREEN
box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

RESISTANCE BANDS

3. Low-squat high-front draw with lateral weight shift

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Take a low squat with both feet planted; hold the shared high-front grips.

MOVE / Shift the low base sideways while controlling the shared grip.

RETURN / Return through the centre without jerking the line.

MAIN / RED
Quadriceps and hip extensors control the low squat.

SECONDARY / BLUE
Hip adductors guide the lateral transfer; forearm and shoulder muscles control the grips.

SUPPORT / GREEN
Trunk muscles steady the torso over the planted feet.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

4. Low back bar torso bow

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Overhand / pronated grip

SETUP / Standing hip hinge; padded bar behind low back

MOVE / Bar held behind low back; torso hinges

RETURN / Return along the same handle path under control.

MAIN / RED
Hip and spinal muscles control trunk inclination and return; the visible brace location changes how the line acts on the torso.

SECONDARY / BLUE
Abdominal muscles control trunk position; shoulder and arm muscles maintain the attachment or grip.

SUPPORT / GREEN
Trunk control and the floor or box contacts shown.

RESISTANCE BANDS

5. Front waist bar torso bow

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Bar / strap support contact

SETUP / Stand with the front-waist bar retained against the torso and the incoming lines clear.

MOVE / Control the deep hip hinge; keep free-hand position separate from the bar attachment.

RETURN / Raise the torso slowly without shifting the retained bar.

MAIN / RED
Trunk muscles control the deep forward inclination against the retained waist-bar lines.

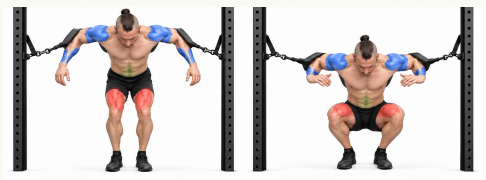
SECONDARY / BLUE
Spinal extensors and hip muscles contribute to controlling the hinge and return.

SUPPORT / GREEN
Leg and ankle muscles steady both feet on the floor.

RESISTANCE BANDS

6. Shoulder-braced paired side-line squat

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Bar / strap support contact

SETUP / Retain the padded upper-arm and shoulder assembly between the side attachments; keep the hands free.

MOVE / Bend the hips and knees to lower the body while retaining the assembly.

RETURN / Rise through both feet without changing the shoulder contacts.

MAIN / RED
Quadriceps and hip extensors control the squat.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

7. Standing shared-grip low-front arm raise with torso hinge

Shoulders / 2 planned sets / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Hold the shared low-front grip with both hands; knees softly bent.

MOVE / Raise the hands forward as the torso returns toward upright.

RETURN / Lower the grip slowly as the torso hinges forward.

MAIN / RED
Front deltoids guide the arm raise; hip extensors help bring the torso toward upright.

SECONDARY / BLUE
Triceps controls the extended elbows; forearm muscles maintain the shared grip.

SUPPORT / GREEN
Trunk muscles steady the spine and the planted feet support the stance.

RESISTANCE BANDS

8. Floor-kneeling alternating low-side arm opening

Shoulders / 1 planned set / 8-12 controlled repetitions



SIDE A / one arm raised | SIDE B / opposite arm raised

GRIP / Neutral handle grip

SETUP / Kneel on the floor with one handle on each independent low-side line.

MOVE / Raise one arm diagonally while the other remains lower; then change sides.

RETURN / Lower the raised arm slowly without joining the circuits.

MAIN / RED
Deltoid muscles raise and control the active upper arm.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

9. Standing high front wide arm sweep

Shoulders / 1 planned set / 8-12 controlled repetitions



START / arms comfortably open | FINISH / controlled downward sweep

GRIP / Neutral handle grip

SETUP / Standing with knee bend; base lowers in later phase

MOVE / Independent handles sweep between lower/side and overhead positions

RETURN / Return along the same handle path under control.

MAIN / RED
Shoulder muscles move the upper arms. Pectoral muscles contribute to forward/adducting phases; latissimus dorsi and rear shoulder muscles contribute to backward/downward phases.

SECONDARY / BLUE
Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

SUPPORT / GREEN
Trunk control and the floor or box contacts shown.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

10. Standing inclined high rear wide arm drive

Shoulders / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Standing, knees flexed and torso deeply inclined

MOVE / Independent handles at sides sweep/drive as torso folds

RETURN / Return along the same handle path under control.

MAIN / RED
Shoulder muscles move the upper arms. Pectoral muscles contribute to forward/adducting phases; latissimus dorsi and rear shoulder muscles contribute to backward/downward phases.

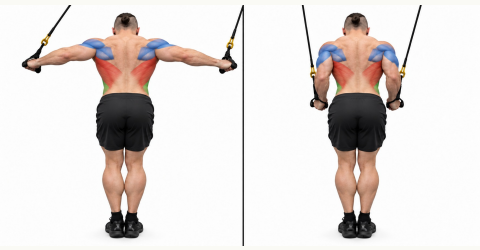
SECONDARY / BLUE
Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

SUPPORT / GREEN
Trunk control and the floor or box contacts shown.

RESISTANCE BANDS

11. Standing inclined paired high-rear arm sweep

Shoulders / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand inclined with one handle on each independent high-rear line.

MOVE / Guide the arms from the wide position down toward the hips.

RETURN / Return the hands upward and outward with control.

MAIN / RED
Latissimus contributes as the upper arms draw down toward the torso.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

12. Floor-kneeling paired high-front arm sweep

Shoulders / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Retained palm-loop grip

SETUP / Kneel on the floor with one independent palm grip on each high-front line.

MOVE / Guide the arms from the wide position down beside the torso.

RETURN / Raise the arms along the same separate line paths.

MAIN / RED
Latissimus contributes as the upper arms draw down toward the torso.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

13. Shared-grip side-line anti-rotation reach

Core / 2 planned sets / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on one side-line grip beside the chest.

MOVE / Reach forward while keeping the torso facing ahead.

RETURN / Bring the hands toward the chest slowly without turning toward the attachment.

MAIN / RED
Abdominal wall and obliques resist rotation as the hands reach away from the chest.

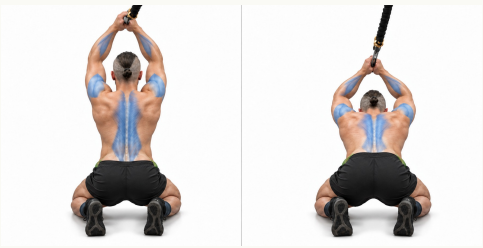
SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

14. Floor-kneeling high-line torso fold

Core / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor with both hands on the high-front grip.

MOVE / Fold the torso forward while controlling the overhead grip.

RETURN / Raise the torso and hands slowly along the same line.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

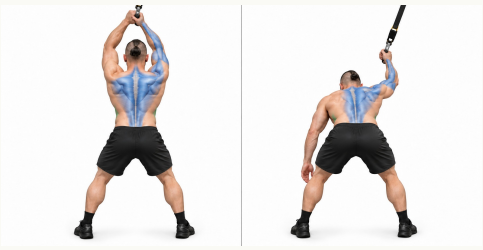
SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

15. Standing high-line torso fold with grip variations

Core / 1 planned set / 8-12 controlled repetitions



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Shared-to-single grip variation

SETUP / Stand in a wide base with the high-front grip overhead.

MOVE / Incline the torso while controlling the line; the illustrated sequence changes from two hands to one.

RETURN / Return slowly, keeping each grip change separate from the loaded movement.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

PROJECT 100 / MUSCLE FOCUS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

1. Seated neutral-grip curl

Arms / 2 planned sets / 8-12 each side



START / soft elbow extension | FINISH / controlled curl

GRIP / Neutral handle grip

SETUP / One light handle line from a secure low front anchor.

MOVE / Bend the elbow without swinging or leaning back.

RETURN / Lower slowly to a softly extended elbow.

MAIN / RED
Brachialis, biceps brachii and brachioradialis bend the elbow.

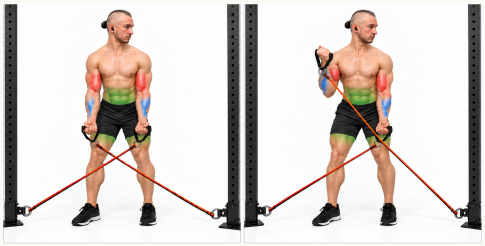
SECONDARY / BLUE
Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

SUPPORT / GREEN
box, feet and trunk control keep the pelvis and torso still.

RESISTANCE BANDS

2. Standing alternating low-front curl

Arms / 1 planned set / 8-12 controlled repetitions



START / both handles low | FINISH / one elbow flexed

GRIP / Underhand / palms-up grip

SETUP / Two independent handles; crossed low front lines.

MOVE / Curl one handle; keep the other low, then alternate.

RETURN / Lower the working handle before curling the other.

MAIN / RED
Biceps brachii, brachialis and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles steady the grip; shoulder muscles maintain upper-arm position.

SUPPORT / GREEN
Trunk and hip muscles steady the standing posture; both feet form the base.

RESISTANCE BANDS

3. Supported low-front band curl

Training adaptation / Arms / 1 planned set / 8-12 controlled repetitions



START / elbow softly open | FINISH / controlled low-anchor curl

GRIP / Underhand / palms-up grip

SETUP / Low front anchor; free palm on a stable support; palm-up grip.

MOVE / Curl upward away from the low anchor; keep the upper arm steady.

RETURN / Lower slowly without bending the wrist or locking the elbow.

MAIN / RED
Biceps brachii, brachialis and brachioradialis flex the working elbow.

SECONDARY / BLUE
Forearm muscles maintain grip; shoulder muscles control the upper arm. The free arm supports the torso.

SUPPORT / GREEN
Abdominal, spinal and hip stabilizers control the incline. Both feet and the support hand form the base.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

4. Thigh-braced cross-body low-side curl

Arms / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Underhand / palms-up grip

SETUP / Stand with knees softly bent; brace the free hand on the thigh.

MOVE / Curl the one handle toward the upper torso without swinging.

RETURN / Lower the working hand slowly along the same line.

MAIN / RED
Biceps and brachialis bend the elbow; pectoralis contributes as the arm draws across the body.

SECONDARY / BLUE
Front shoulder and forearm muscles guide the arm and grip.

SUPPORT / GREEN
The free hand on the thigh and planted feet steady the inclined base.

RESISTANCE BANDS

5. Standing inclined single-arm low-front curl

Arms / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Secure a low front anchor below the working hand. Keep a modest hip hinge, soft knees and a neutral handle grip.

MOVE / Keep the upper arm still and curl the handle upward away from the low anchor.

RETURN / Straighten the elbow slowly along the same line.

MAIN / RED
Biceps brachii and brachialis contribute as the working elbow bends.

SECONDARY / BLUE
Forearm muscles maintain the grip; shoulder muscles control the upper arm.

SUPPORT / GREEN
Trunk and hip muscles steady the inclined stance.

RESISTANCE BANDS

6. Standing low-side forearm and grip rotation

Arms / 1 planned set / 8-12 controlled repetitions



ROTATION A / palm orientation ROTATION B / forearm turn

GRIP / Forearm rotation / palm grip

SETUP / Stand beside the low line; hold the red grip with one hand.

MOVE / Turn the forearm and grip while keeping the upper arm steady.

RETURN / Return the grip orientation slowly without swinging the arm.

MAIN / RED
Forearm muscles control rotation and the grip.

SECONDARY / BLUE
Upper-arm and shoulder muscles steady the working arm.

SUPPORT / GREEN
The stance and trunk steady the body.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

7. PLYOSOFT box-supported one-arm row

Back / 2 planned sets / 8-12 each side



START / softly extended arm | FINISH / controlled pull

GRIP / Neutral handle grip

SETUP / Stable box; one handle on a front line near hand height.

MOVE / Draw the elbow toward the lower ribs without twisting.

RETURN / Lower slowly to a softly extended arm.

MAIN / RED
Latissimus dorsi: draws the upper arm back toward the trunk.

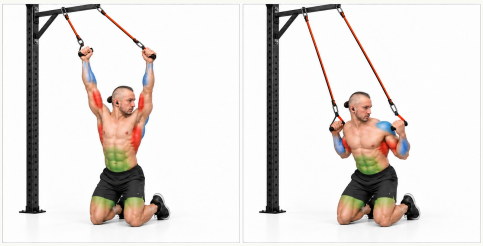
SECONDARY / BLUE
Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

SUPPORT / GREEN
Abdominals and spinal stabilizers resist rotation. Hips, thighs and ankle muscles steady both feet; the other arm supports the torso.

RESISTANCE BANDS

8. Floor-kneeling high-front paired draw

Back / 1 planned set / 8-12 controlled repetitions



START / arms reaching up | FINISH / handles near shoulders

GRIP / Neutral handle grip

SETUP / Both knees on the floor; two handles from high front.

MOVE / Draw handles toward shoulders as the upper arms descend.

RETURN / Return hands up/front under control.

MAIN / RED
Elbow flexors and latissimus dorsi contribute as the elbows bend and upper arms draw down toward the trunk.

SECONDARY / BLUE
Scapular muscles and rear shoulder muscles guide the arm path; forearm muscles hold the handles.

SUPPORT / GREEN
Abdominal, spinal and hip muscles stabilize the kneeling trunk. Both knees and lower legs form the floor base.

RESISTANCE BANDS

9. Wide-stance paired high-front downward draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Overhand / pronated grip

SETUP / Stand with one palm grip in each hand on the separate high-front lines.

MOVE / Guide both arms down toward the hips as the knees bend.

RETURN / Raise the hands along their separate incoming lines with control.

MAIN / RED
Latissimus and triceps contribute to drawing the arms down; quadriceps controls the squat.

SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

10. Standing shared-grip high-front draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Overhand / pronated grip

SETUP / Stand with both hands on the shared padded grip.

MOVE / Guide the grip between chest and waist level with controlled arm movement.

RETURN / Return toward the incoming high-front line without a sudden release.

MAIN / RED
Latissimus dorsi and posterior shoulder muscles contribute as the upper arms draw toward the torso.

SECONDARY / BLUE
Elbow and forearm muscles control the shared grip.

SUPPORT / GREEN
Trunk and hip muscles steady the standing base.

RESISTANCE BANDS

11. Floor kneeling high front draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor; both grips join the same high-front line.

MOVE / Move the grips forward/down as the torso folds.

RETURN / Return toward the upright kneeling position under control.

MAIN / RED
Latissimus dorsi guides the arm draw; triceps controls elbow extension. Abdominal muscles contribute to the torso fold.

SECONDARY / BLUE
Forearm muscles maintain the shared grip; shoulder-blade muscles control the arm path.

SUPPORT / GREEN
The hips and floor or box contacts steady the base.

RESISTANCE BANDS

12. Box seated two hand high front draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Sit on the front edge of the box with both feet planted.

MOVE / Move the shared grip down/front as the torso folds.

RETURN / Bring the grip back up under control.

MAIN / RED
Latissimus dorsi guides the arm draw; triceps controls elbow extension. Abdominal muscles contribute to the torso fold.

SECONDARY / BLUE
Forearm muscles maintain the shared grip; shoulder-blade muscles control the arm path.

SUPPORT / GREEN
The hips and floor or box contacts steady the base.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

13. Shared-grip side-line anti-rotation reach

Core / 2 planned sets / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on one side-line grip beside the chest.

MOVE / Reach forward while keeping the torso facing ahead.

RETURN / Bring the hands toward the chest slowly without turning toward the attachment.

MAIN / RED
Abdominal wall and obliques resist rotation as the hands reach away from the chest.

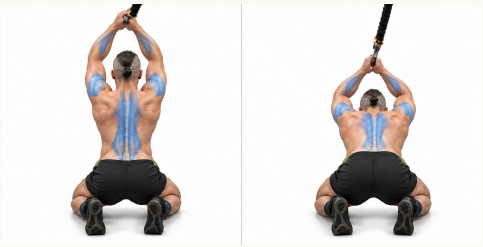
SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

14. Floor-kneeling high-line torso fold

Core / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor with both hands on the high-front grip.

MOVE / Fold the torso forward while controlling the overhead grip.

RETURN / Raise the torso and hands slowly along the same line.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

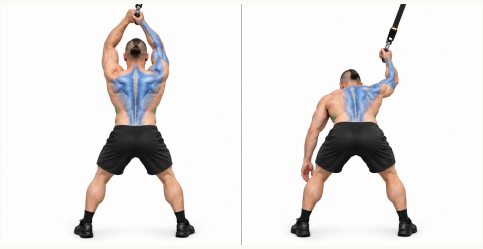
SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

15. Standing high-line torso fold with grip variations

Core / 1 planned set / 8-12 controlled repetitions



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Shared-to-single grip variation

SETUP / Stand in a wide base with the high-front grip overhead.

MOVE / Incline the torso while controlling the line; the illustrated sequence changes from two hands to one.

RETURN / Return slowly, keeping each grip change separate from the loaded movement.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS