Exercise technique

Box-kneeling elbow extension

8-12 controlled repetitions



START / elbows bent **FINISH / forward extension**

GRIP / Neutral handle grip

SETUP / Both knees on the box; paired high rear lines.

MOVE / Extend the elbows to move the hands forward.

RETURN / Return hands near the head under control.

MAIN / RED
Triceps brachii extends the elbows. The recorded torso fold is an additional movement, not isolated triceps work.

SECONDARY / BLUE
Shoulder muscles control upper-arm position; forearm muscles stabilize the handles.

SUPPORT / GREEN
Trunk muscles control the inclined torso. Both knees contact the padded box and form the support base.

RESISTANCE BANDS