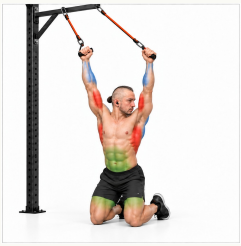
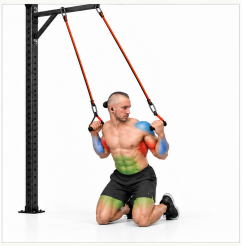
Exercise technique

Floor-kneeling high-front paired draw

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