Exercise technique

Floor-kneeling overhead band extension

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