Exercise technique

Low-anchor upward band chest press

Added band technique / Trainer-selected repetitions



START / handles beside lower chest

FINISH / controlled upward press

GRIP / Neutral handle grip

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

MOVE / Press forward and upward to upper-chest height without arching the back.

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