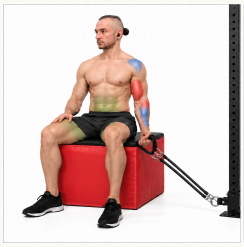
Exercise technique

Seated neutral-grip curl / Pilates pair

8-12 each side



START / soft elbow extension



FINISH / controlled curl

GRIP / Neutral handle grip

SETUP / Sit on the red box; clip two equal Pilates tubes to the low line and active handle. Match the opposite bundle.

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.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS