Exercise technique

Standing Pilates bar overhead press

Pilates-kit variation / 8-12



START / bar at shoulders **FINISH / controlled press**

GRIP / Overhand / pronated grip

SETUP / Secure the foot loops; connect matched tube pairs through the adjustable bar straps.

MOVE / Press the bar upward from the front of the shoulders without arching the back.

RETURN / Lower slowly to the starting position; use a range set with your trainer.

MAIN / RED
Deltoids raise the upper arms during the overhead press.

SECONDARY / BLUE
Triceps extend the elbows; scapular muscles guide the shoulder blades.

SUPPORT / GREEN
Abdominal and hip muscles keep the torso stacked over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS