Exercise technique

Seated bar pressdown / Pilates pairs

8-12



START / elbows bent

FINISH / soft elbow extension

GRIP / Overhand / pronated grip

SETUP / Sit on the red box; two equal Pilates tubes attach to each bar end from the high front mount.

MOVE / Extend the elbows while keeping upper arms nearly still.

RETURN / Bend the elbows slowly; keep the bar clear of the face.

MAIN / RED
Triceps brachii: straightens the elbow.

SECONDARY / BLUE
Forearm muscles steady the grip and wrist; shoulder muscles hold the upper arms beside the torso.

SUPPORT / GREEN
Trunk muscles hold a quiet seated posture; both feet and the box provide support.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS