Exercise technique

Seated straight-bar pressdown

8-12



START / elbows bent **FINISH / soft elbow extension**

GRIP / Overhand / pronated grip

SETUP / Stable box; high front line and straight bar.

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.

RESISTANCE BANDS