Exercise technique

Shoulder band-bar squat

8-12



START / standing FINISH / partial squat

GRIP / Overhand / pronated grip

SETUP / Padded bar across upper back; paired low side/rear lines.

MOVE / Bend hips and knees into a controlled partial squat.

RETURN / Extend hips and knees toward standing.

MAIN / RED
Quadriceps and hip extensors contribute to standing from the squat.

SECONDARY / BLUE
Hamstrings and spinal extensors assist hip and trunk control; shoulder and arm muscles stabilize the bar.

SUPPORT / GREEN
Abdominal muscles stabilize the torso, with feet planted on the floor. Ankle and calf muscles control the base.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS