Exercise technique

Standing two-arm band chest press

Added band technique / Trainer-selected repetitions



START / handles beside chest



FINISH / controlled forward press

GRIP / Neutral handle grip

SETUP / Two secure rear anchors at chest-height level; one continuous band per handle.

MOVE / Press forward at chest height; keep hands shoulder-width apart.

RETURN / Return slowly; wrists stay aligned, with no forced twist.

MAIN / RED
Pectoralis major: draws the upper arm forward and toward the chest midline.

SECONDARY / BLUE
Triceps extend the elbows; anterior deltoid assists the press.

SUPPORT / GREEN
Abdominals resist arching and rotation; hips and legs steady the split stance.

RESISTANCE BANDS