Exercise technique

Standing mid side band bar pressdown

8-12 controlled repetitions



POSITION A POSITION B

GRIP / Overhand / pronated grip

SETUP / Standing, feet close together; torso inclined; both hands on bar

MOVE / Hands drive bar down toward thighs as elbows extend

RETURN / Return along the same handle path under control.

MAIN / RED
Triceps brachii contributes during elbow extension as the bar descends.

SECONDARY / BLUE
Shoulder and scapular muscles control upper-arm position; forearm muscles grip the bar.

SUPPORT / GREEN
Trunk control and the floor or box contacts shown.

RESISTANCE BANDS