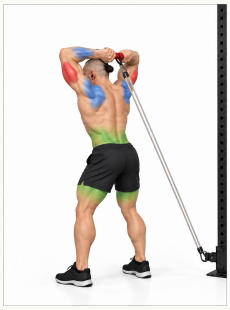
Exercise technique

Standing shared-handle overhead extension

8-12 controlled repetitions



START / handle behind head



FINISH / handle overhead

GRIP / Two-hand shared grip

SETUP / Both hands share one handle; two tubes run to low rear.

MOVE / Extend both elbows to move the shared handle overhead.

RETURN / Bend both elbows; return the handle behind the head.

MAIN / RED
Triceps brachii extends both elbows as the shared handle moves overhead.

SECONDARY / BLUE
Shoulder muscles control upper-arm position; forearm muscles hold the shared grip.

SUPPORT / GREEN
Trunk and hip stabilizers maintain the standing posture. Both feet form the base in the illustrated version.

RESISTANCE BANDS