PROJECT 100 / MUSCLE FOCUS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

1. Supported single-arm chest press

Chest / 2 planned sets / 8-12 each side



START / handle beside chest | FINISH / controlled press

GRIP / Neutral handle grip

SETUP / Stable box; rear anchor near chest height.

MOVE / Press forward without leaning or twisting.

RETURN / Stop before elbow lock; return within a comfortable arc.

MAIN / RED
Pectoralis major: moves the upper arm forward and across the chest.

SECONDARY / BLUE
Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

SUPPORT / GREEN
Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

RESISTANCE BANDS

2. Standing two-arm band chest press

Added band technique / Chest / 1 planned set / 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

3. Standing mid-height band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / arms comfortably open | FINISH / hands meet before chest

GRIP / Neutral handles / fly arc

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

MOVE / Sweep both upper arms forward in a hugging arc; keep a soft elbow bend.

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
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

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

RESISTANCE BANDS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

4. High-to-low band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / arms open below shoulders

FINISH / hands forward and down

GRIP / Neutral handles / fly arc

SETUP / Two secure rear anchors at high level; one continuous band per handle.

MOVE / Sweep forward and down toward the upper abdomen without straightening the elbows.

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
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

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

RESISTANCE BANDS

5. Low-to-high band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / hands outside hips

FINISH / hands before upper chest

GRIP / Neutral handles / fly arc

SETUP / Two secure rear anchors at low level; one continuous band per handle.

MOVE / Sweep forward and upward to chest height with softly bent elbows.

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
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

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

RESISTANCE BANDS

6. Single-arm band chest fly

Added band technique / Chest / 1 planned set / Trainer-selected repetitions



START / working arm open

FINISH / handle near chest midline

GRIP / Neutral handles / fly arc

SETUP / One secure rear/side anchor at chest-height level; one continuous band per handle.

MOVE / Draw one upper arm across the front of the chest without turning the trunk.

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
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

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

RESISTANCE BANDS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

7. Seated straight-bar pressdown

Triceps / 2 planned sets / 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

8. Standing mid side band bar pressdown

Triceps / 1 planned set / 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

9. Standing shared-handle overhead extension

Triceps / 1 planned set / 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

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

10. Floor-kneeling overhead band extension

Triceps / 1 planned set / 8-12 controlled repetitions



START / elbows flexed | FINISH / handles overhead

GRIP / Neutral handle grip

SETUP / Both knees on the floor; one rear-line handle per hand.

MOVE / Extend the elbows to raise both handles overhead.

RETURN / Bend elbows and return hands behind the head.

MAIN / RED
Triceps brachii extends the elbows as the handles move overhead.

SECONDARY / BLUE
Shoulder muscles steady the upper arms; forearm muscles maintain each handle grip.

SUPPORT / GREEN
Both knees and shins contact the floor. Trunk and hip muscles maintain the kneeling posture.

RESISTANCE BANDS

11. Inclined high-rear alternating elbow extension

Triceps / 1 planned set / 8-12 controlled repetitions



START / elbows bent | FINISH / one arm extends

GRIP / Retained palm-loop grip

SETUP / Stand in a low stance with one independent palm grip in each hand beside the head.

MOVE / Extend one elbow to guide that hand forward and down while retaining the other grip.

RETURN / Bend the elbow slowly and practise the other side separately.

MAIN / RED
Triceps brachii straightens the working elbow; latissimus contributes when the upper arm draws down.

SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

12. Standing inclined single-arm low-rear elbow extension

Triceps / 1 planned set / 8-12 controlled repetitions



EXTENDED / controlled elbow | BENT / controlled return

GRIP / Neutral handle grip

SETUP / Stand inclined with one rope grip beside the hip and the free hand on the low back.

MOVE / Straighten the working elbow to guide the hand beside and behind the hip.

RETURN / Bend the elbow slowly while holding the torso steady.

MAIN / RED
Triceps brachii contributes as the elbows straighten.

SECONDARY / BLUE
Shoulder and forearm muscles guide the upper arms and grip.

SUPPORT / GREEN
Trunk and hip muscles steady the position and support contacts.

RESISTANCE BANDS

Day 1 / Chest + triceps + Core

15 band exercises / planned sets shown per exercise

13. Shared-grip side-line anti-rotation reach

Core / 2 planned sets / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on one side-line grip beside the chest.

MOVE / Reach forward while keeping the torso facing ahead.

RETURN / Bring the hands toward the chest slowly without turning toward the attachment.

MAIN / RED
Abdominal wall and obliques resist rotation as the hands reach away from the chest.

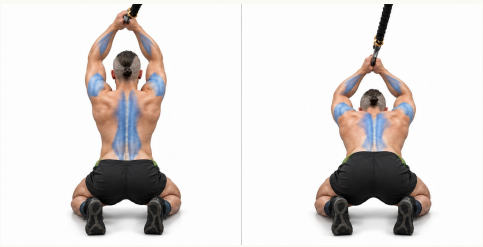
SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

14. Floor-kneeling high-line torso fold

Core / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor with both hands on the high-front grip.

MOVE / Fold the torso forward while controlling the overhead grip.

RETURN / Raise the torso and hands slowly along the same line.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

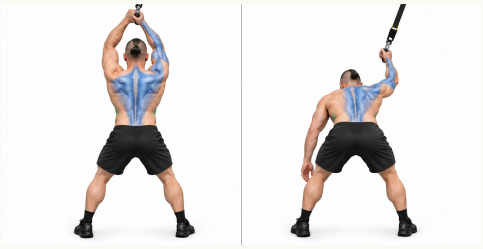
SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

15. Standing high-line torso fold with grip variations

Core / 1 planned set / 8-12 controlled repetitions



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Shared-to-single grip variation

SETUP / Stand in a wide base with the high-front grip overhead.

MOVE / Incline the torso while controlling the line; the illustrated sequence changes from two hands to one.

RETURN / Return slowly, keeping each grip change separate from the loaded movement.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

1. Shoulder band-bar squat

Legs / 2 planned sets / 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.

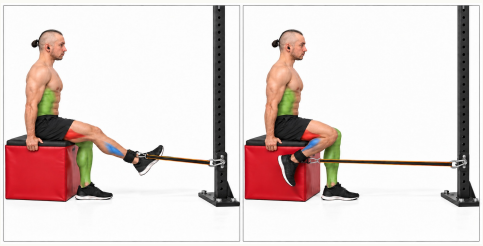
SECONDARY / BLUE
Hamstrings and spinal extensors assist hip and trunk control; shoulder and arm muscles stabilize the bar.

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

2. Seated single-leg band curl

Legs / 1 planned set / 8-12 each side



START / heel forward FINISH / heel drawn back

GRIP / Ankle-cuff resistance

SETUP / Stable box; low front line and approved ankle cuff.

MOVE / Draw the heel back by bending the knee.

RETURN / Return slowly; keep the heel path clear of the box.

MAIN / RED
Hamstrings bend the knee, drawing the heel back.

SECONDARY / BLUE
Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

SUPPORT / GREEN
box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

RESISTANCE BANDS

3. Low-squat high-front draw with lateral weight shift

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Take a low squat with both feet planted; hold the shared high-front grips.

MOVE / Shift the low base sideways while controlling the shared grip.

RETURN / Return through the centre without jerking the line.

MAIN / RED
Quadriceps and hip extensors control the low squat.

SECONDARY / BLUE
Hip adductors guide the lateral transfer; forearm and shoulder muscles control the grips.

SUPPORT / GREEN
Trunk muscles steady the torso over the planted feet.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

4. Low back bar torso bow

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Overhand / pronated grip

SETUP / Standing hip hinge; padded bar behind low back

MOVE / Bar held behind low back; torso hinges

RETURN / Return along the same handle path under control.

MAIN / RED
Hip and spinal muscles control trunk inclination and return; the visible brace location changes how the line acts on the torso.

SECONDARY / BLUE
Abdominal muscles control trunk position; shoulder and arm muscles maintain the attachment or grip.

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

RESISTANCE BANDS

5. Front waist bar torso bow

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Bar / strap support contact

SETUP / Stand with the front-waist bar retained against the torso and the incoming lines clear.

MOVE / Control the deep hip hinge; keep free-hand position separate from the bar attachment.

RETURN / Raise the torso slowly without shifting the retained bar.

MAIN / RED
Trunk muscles control the deep forward inclination against the retained waist-bar lines.

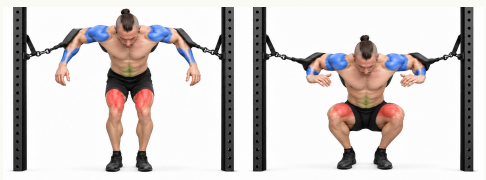
SECONDARY / BLUE
Spinal extensors and hip muscles contribute to controlling the hinge and return.

SUPPORT / GREEN
Leg and ankle muscles steady both feet on the floor.

RESISTANCE BANDS

6. Shoulder-braced paired side-line squat

Legs / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Bar / strap support contact

SETUP / Retain the padded upper-arm and shoulder assembly between the side attachments; keep the hands free.

MOVE / Bend the hips and knees to lower the body while retaining the assembly.

RETURN / Rise through both feet without changing the shoulder contacts.

MAIN / RED
Quadriceps and hip extensors control the squat.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

7. Standing shared-grip low-front arm raise with torso hinge

Shoulders / 2 planned sets / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Hold the shared low-front grip with both hands; knees softly bent.

MOVE / Raise the hands forward as the torso returns toward upright.

RETURN / Lower the grip slowly as the torso hinges forward.

MAIN / RED
Front deltoids guide the arm raise; hip extensors help bring the torso toward upright.

SECONDARY / BLUE
Triceps controls the extended elbows; forearm muscles maintain the shared grip.

SUPPORT / GREEN
Trunk muscles steady the spine and the planted feet support the stance.

RESISTANCE BANDS

8. Floor-kneeling alternating low-side arm opening

Shoulders / 1 planned set / 8-12 controlled repetitions



SIDE A / one arm raised | SIDE B / opposite arm raised

GRIP / Neutral handle grip

SETUP / Kneel on the floor with one handle on each independent low-side line.

MOVE / Raise one arm diagonally while the other remains lower; then change sides.

RETURN / Lower the raised arm slowly without joining the circuits.

MAIN / RED
Deltoid muscles raise and control the active upper arm.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

9. Standing high front wide arm sweep

Shoulders / 1 planned set / 8-12 controlled repetitions



START / arms comfortably open | FINISH / controlled downward sweep

GRIP / Neutral handle grip

SETUP / Standing with knee bend; base lowers in later phase

MOVE / Independent handles sweep between lower/side and overhead positions

RETURN / Return along the same handle path under control.

MAIN / RED
Shoulder muscles move the upper arms. Pectoral muscles contribute to forward/adducting phases; latissimus dorsi and rear shoulder muscles contribute to backward/downward phases.

SECONDARY / BLUE
Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

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

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

10. Standing inclined high rear wide arm drive

Shoulders / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Standing, knees flexed and torso deeply inclined

MOVE / Independent handles at sides sweep/drive as torso folds

RETURN / Return along the same handle path under control.

MAIN / RED
Shoulder muscles move the upper arms. Pectoral muscles contribute to forward/adducting phases; latissimus dorsi and rear shoulder muscles contribute to backward/downward phases.

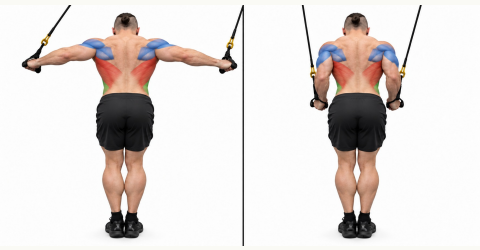
SECONDARY / BLUE
Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

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

RESISTANCE BANDS

11. Standing inclined paired high-rear arm sweep

Shoulders / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand inclined with one handle on each independent high-rear line.

MOVE / Guide the arms from the wide position down toward the hips.

RETURN / Return the hands upward and outward with control.

MAIN / RED
Latissimus contributes as the upper arms draw down toward the torso.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

12. Floor-kneeling paired high-front arm sweep

Shoulders / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Retained palm-loop grip

SETUP / Kneel on the floor with one independent palm grip on each high-front line.

MOVE / Guide the arms from the wide position down beside the torso.

RETURN / Raise the arms along the same separate line paths.

MAIN / RED
Latissimus contributes as the upper arms draw down toward the torso.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Day 2 / Legs + shoulders + Core

15 band exercises / planned sets shown per exercise

13. Shared-grip side-line anti-rotation reach

Core / 2 planned sets / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on one side-line grip beside the chest.

MOVE / Reach forward while keeping the torso facing ahead.

RETURN / Bring the hands toward the chest slowly without turning toward the attachment.

MAIN / RED
Abdominal wall and obliques resist rotation as the hands reach away from the chest.

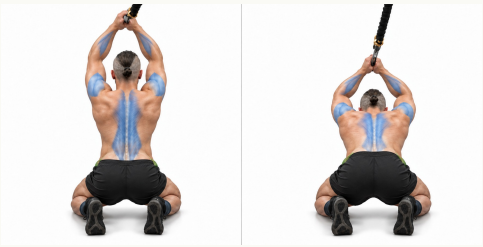
SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

14. Floor-kneeling high-line torso fold

Core / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor with both hands on the high-front grip.

MOVE / Fold the torso forward while controlling the overhead grip.

RETURN / Raise the torso and hands slowly along the same line.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

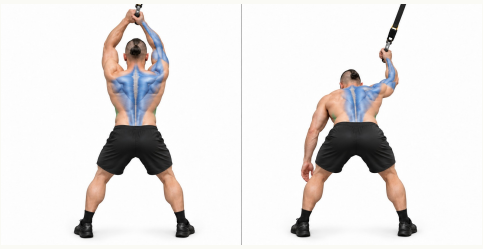
SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

15. Standing high-line torso fold with grip variations

Core / 1 planned set / 8-12 controlled repetitions



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Shared-to-single grip variation

SETUP / Stand in a wide base with the high-front grip overhead.

MOVE / Incline the torso while controlling the line; the illustrated sequence changes from two hands to one.

RETURN / Return slowly, keeping each grip change separate from the loaded movement.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

1. Seated neutral-grip curl

Arms / 2 planned sets / 8-12 each side



START / soft elbow extension



FINISH / controlled curl

GRIP / Neutral handle grip

SETUP / One light handle line from a secure low front anchor.

MOVE / Bend the elbow without swinging or leaning back.

RETURN / Lower slowly to a softly extended elbow.

MAIN / RED
Brachialis, biceps brachii and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

SUPPORT / GREEN
box, feet and trunk control keep the pelvis and torso still.

RESISTANCE BANDS

2. Standing alternating low-front curl

Arms / 1 planned set / 8-12 controlled repetitions



START / both handles low



FINISH / one elbow flexed

GRIP / Underhand / palms-up grip

SETUP / Two independent handles; crossed low front lines.

MOVE / Curl one handle; keep the other low, then alternate.

RETURN / Lower the working handle before curling the other.

MAIN / RED
Biceps brachii, brachialis and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles steady the grip; shoulder muscles maintain upper-arm position.

SUPPORT / GREEN
Trunk and hip muscles steady the standing posture; both feet form the base.

RESISTANCE BANDS

3. Supported low-front band curl

Training adaptation / Arms / 1 planned set / 8-12 controlled repetitions



START / elbow softly open



FINISH / controlled low-anchor curl

GRIP / Underhand / palms-up grip

SETUP / Low front anchor; free palm on a stable support; palm-up grip.

MOVE / Curl upward away from the low anchor; keep the upper arm steady.

RETURN / Lower slowly without bending the wrist or locking the elbow.

MAIN / RED
Biceps brachii, brachialis and brachioradialis flex the working elbow.

SECONDARY / BLUE
Forearm muscles maintain grip; shoulder muscles control the upper arm. The free arm supports the torso.

SUPPORT / GREEN
Abdominal, spinal and hip stabilizers control the incline. Both feet and the support hand form the base.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

4. Thigh-braced cross-body low-side curl

Arms / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Underhand / palms-up grip

SETUP / Stand with knees softly bent; brace the free hand on the thigh.

MOVE / Curl the one handle toward the upper torso without swinging.

RETURN / Lower the working hand slowly along the same line.

MAIN / RED
Biceps and brachialis bend the elbow; pectoralis contributes as the arm draws across the body.

SECONDARY / BLUE
Front shoulder and forearm muscles guide the arm and grip.

SUPPORT / GREEN
The free hand on the thigh and planted feet steady the inclined base.

RESISTANCE BANDS

5. Standing inclined single-arm low-front curl

Arms / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Secure a low front anchor below the working hand. Keep a modest hip hinge, soft knees and a neutral handle grip.

MOVE / Keep the upper arm still and curl the handle upward away from the low anchor.

RETURN / Straighten the elbow slowly along the same line.

MAIN / RED
Biceps brachii and brachialis contribute as the working elbow bends.

SECONDARY / BLUE
Forearm muscles maintain the grip; shoulder muscles control the upper arm.

SUPPORT / GREEN
Trunk and hip muscles steady the inclined stance.

RESISTANCE BANDS

6. Standing low-side forearm and grip rotation

Arms / 1 planned set / 8-12 controlled repetitions



ROTATION A / palm orientation ROTATION B / forearm turn

GRIP / Forearm rotation / palm grip

SETUP / Stand beside the low line; hold the red grip with one hand.

MOVE / Turn the forearm and grip while keeping the upper arm steady.

RETURN / Return the grip orientation slowly without swinging the arm.

MAIN / RED
Forearm muscles control rotation and the grip.

SECONDARY / BLUE
Upper-arm and shoulder muscles steady the working arm.

SUPPORT / GREEN
The stance and trunk steady the body.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

7. PLYOSOFT box-supported one-arm row

Back / 2 planned sets / 8-12 each side



START / softly extended arm | FINISH / controlled pull

GRIP / Neutral handle grip

SETUP / Stable box; one handle on a front line near hand height.

MOVE / Draw the elbow toward the lower ribs without twisting.

RETURN / Lower slowly to a softly extended arm.

MAIN / RED
Latissimus dorsi: draws the upper arm back toward the trunk.

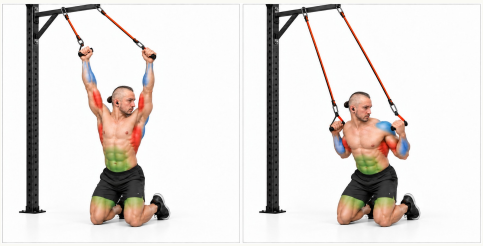
SECONDARY / BLUE
Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

SUPPORT / GREEN
Abdominals and spinal stabilizers resist rotation. Hips, thighs and ankle muscles steady both feet; the other arm supports the torso.

RESISTANCE BANDS

8. Floor-kneeling high-front paired draw

Back / 1 planned set / 8-12 controlled repetitions



START / arms reaching up | FINISH / handles near shoulders

GRIP / Neutral handle grip

SETUP / Both knees on the floor; two handles from high front.

MOVE / Draw handles toward shoulders as the upper arms descend.

RETURN / Return hands up/front under control.

MAIN / RED
Elbow flexors and latissimus dorsi contribute as the elbows bend and upper arms draw down toward the trunk.

SECONDARY / BLUE
Scapular muscles and rear shoulder muscles guide the arm path; forearm muscles hold the handles.

SUPPORT / GREEN
Abdominal, spinal and hip muscles stabilize the kneeling trunk. Both knees and lower legs form the floor base.

RESISTANCE BANDS

9. Wide-stance paired high-front downward draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A | POSITION B

GRIP / Overhand / pronated grip

SETUP / Stand with one palm grip in each hand on the separate high-front lines.

MOVE / Guide both arms down toward the hips as the knees bend.

RETURN / Raise the hands along their separate incoming lines with control.

MAIN / RED
Latissimus and triceps contribute to drawing the arms down; quadriceps controls the squat.

SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

10. Standing shared-grip high-front draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Overhand / pronated grip

SETUP / Stand with both hands on the shared padded grip.

MOVE / Guide the grip between chest and waist level with controlled arm movement.

RETURN / Return toward the incoming high-front line without a sudden release.

MAIN / RED
Latissimus dorsi and posterior shoulder muscles contribute as the upper arms draw toward the torso.

SECONDARY / BLUE
Elbow and forearm muscles control the shared grip.

SUPPORT / GREEN
Trunk and hip muscles steady the standing base.

RESISTANCE BANDS

11. Floor kneeling high front draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor; both grips join the same high-front line.

MOVE / Move the grips forward/down as the torso folds.

RETURN / Return toward the upright kneeling position under control.

MAIN / RED
Latissimus dorsi guides the arm draw; triceps controls elbow extension. Abdominal muscles contribute to the torso fold.

SECONDARY / BLUE
Forearm muscles maintain the shared grip; shoulder-blade muscles control the arm path.

SUPPORT / GREEN
The hips and floor or box contacts steady the base.

RESISTANCE BANDS

12. Box seated two hand high front draw

Back / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Sit on the front edge of the box with both feet planted.

MOVE / Move the shared grip down/front as the torso folds.

RETURN / Bring the grip back up under control.

MAIN / RED
Latissimus dorsi guides the arm draw; triceps controls elbow extension. Abdominal muscles contribute to the torso fold.

SECONDARY / BLUE
Forearm muscles maintain the shared grip; shoulder-blade muscles control the arm path.

SUPPORT / GREEN
The hips and floor or box contacts steady the base.

RESISTANCE BANDS

Day 3 / Arms + back + Core

15 band exercises / planned sets shown per exercise

13. Shared-grip side-line anti-rotation reach

Core / 2 planned sets / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on one side-line grip beside the chest.

MOVE / Reach forward while keeping the torso facing ahead.

RETURN / Bring the hands toward the chest slowly without turning toward the attachment.

MAIN / RED
Abdominal wall and obliques resist rotation as the hands reach away from the chest.

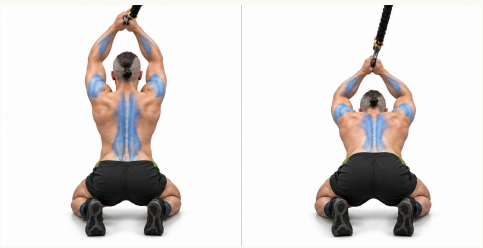
SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

14. Floor-kneeling high-line torso fold

Core / 1 planned set / 8-12 controlled repetitions



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the floor with both hands on the high-front grip.

MOVE / Fold the torso forward while controlling the overhead grip.

RETURN / Raise the torso and hands slowly along the same line.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

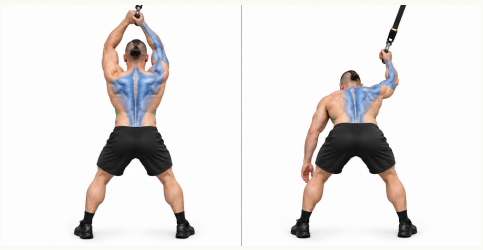
SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

15. Standing high-line torso fold with grip variations

Core / 1 planned set / 8-12 controlled repetitions



VARIATION A / shown contact VARIATION B / shown contact

GRIP / Shared-to-single grip variation

SETUP / Stand in a wide base with the high-front grip overhead.

MOVE / Incline the torso while controlling the line; the illustrated sequence changes from two hands to one.

RETURN / Return slowly, keeping each grip change separate from the loaded movement.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Standing inclined low-front triceps extension

DAY 1 / Low-line elbow extension / substitute a matching movement



EXTENDED / controlled elbow

BENT / controlled return

GRIP / Neutral handle grip

SETUP / Stand inclined with one low-front grip beside the hip.

MOVE / Straighten the working elbow to guide the hand rearward beside the hip.

RETURN / Bend the elbow slowly; keep the upper arm controlled.

MAIN / RED
Triceps brachii straightens the working elbow.

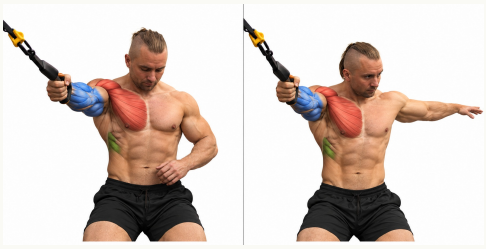
SECONDARY / BLUE
Posterior deltoid steadies the upper arm; forearm muscles control the grip.

SUPPORT / GREEN
Trunk and hip muscles steady the inclined standing base.

RESISTANCE BANDS

Low-base single-arm high-side line control

DAY 1 / Loaded-line hold / balance sequence / substitute a matching movement



VARIATION A / shown contact

VARIATION B / shown contact

GRIP / Neutral handle grip

SETUP / Take a low base with one forward grip on the high-side line.

MOVE / Hold the working arm controlled while changing the free-arm position.

RETURN / Return the free arm slowly; keep the loaded grip steady.

MAIN / RED
Front deltoid and chest muscles control the retained upper arm; trunk muscles resist the side pull.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Box-kneeling high-rear arm drive

DAY 1 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A

POSITION B

GRIP / Retained palm-loop grip

SETUP / Kneel on the stable box with one palm grip on each rear line.

MOVE / Guide the hands forward/down as the torso inclines.

RETURN / Return under control while keeping the support steady.

MAIN / RED
Front shoulder muscles guide the arms forward.

SECONDARY / BLUE
Triceps and forearm muscles control the elbows and palm grips.

SUPPORT / GREEN
Trunk and hip muscles stabilize the kneeling base.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Box-kneeling shared overhead grip and torso fold

DAY 1 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Kneel on the red box with both hands in the joined grip loops.

MOVE / Control the grips near the head as the torso inclines forward.

RETURN / Raise the torso and guide the hands back overhead under control.

MAIN / RED
Triceps controls elbow extension; abdominal muscles contribute when the trunk folds.

SECONDARY / BLUE
Shoulder and forearm muscles guide the arm position and grip.

SUPPORT / GREEN
Hip muscles steady the kneeling contacts on the box.

RESISTANCE BANDS

Box-supported kneeling paired high-rear grip control

DAY 1 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Retained palm-loop grip

SETUP / Rest one knee on the box and the other foot on the floor; retain one palm loop on each high-rear line.

MOVE / Control the hands below the shoulders as the torso and palm contacts change.

RETURN / Return slowly, keeping both hands clear of the box.

MAIN / RED
Triceps and latissimus contribute when the elbows extend and upper arms draw down.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Standing inclined single-arm downward drive

DAY 1 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand with one grip near shoulder height on the high-side rear line.

MOVE / Guide the working hand down beside the hip while the torso inclines.

RETURN / Return the grip toward shoulder height under control.

MAIN / RED
Triceps, latissimus and posterior shoulder muscles contribute to the combined elbow and upper-arm action.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Standing paired high-rear palm-grip control

DAY 1 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Retained palm-loop grip

SETUP / Use one orange palm grip on each independent high-rear line.

MOVE / Control the grips beside the shoulders as the stance and torso change.

RETURN / Return slowly toward the incoming lines; keep the hands supported on the grips.

MAIN / RED
Front deltoids control the upper arms against the rearward lines.

SECONDARY / BLUE
Triceps and forearm muscles steady the elbows and palm contacts.

SUPPORT / GREEN
Trunk and hip muscles steady the standing base.

RESISTANCE BANDS

Box-supported kneeling single-arm forward extension

DAY 1 / Overhead elbow-extension sequence / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Kneel on the floor; rest the free forearm on the box and hold one grip beside the head.

MOVE / Straighten the working elbow to guide the hand forward.

RETURN / Bend the elbow slowly while keeping the support contact steady.

MAIN / RED
Triceps brachii contributes as the elbows straighten.

SECONDARY / BLUE
Shoulder and forearm muscles guide the upper arms and grip.

SUPPORT / GREEN
Trunk and hip muscles steady the position and support contacts.

RESISTANCE BANDS

Floor-kneeling shared-grip low-rear overhead extension

DAY 1 / Overhead elbow-extension sequence / substitute a matching movement



EXTENDED / controlled elbow BENT / controlled return

GRIP / Two-hand shared grip

SETUP / Kneel on the floor; hold the shared rope grip above and behind the head.

MOVE / Straighten the elbows against the low-rear line while keeping the upper arms controlled.

RETURN / Bend the elbows slowly to bring the grip behind the head.

MAIN / RED
Triceps brachii contributes as the elbows straighten.

SECONDARY / BLUE
Shoulder and forearm muscles guide the upper arms and grip.

SUPPORT / GREEN
Trunk and hip muscles steady the position and support contacts.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Floor-kneeling single-arm low-rear overhead extension

DAY 1 / Overhead elbow-extension sequence / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Kneel with one rope-grip end above the head; the other hand stays free.

MOVE / Straighten the working elbow without a sudden torso shift.

RETURN / Bend the elbow slowly; practise each side separately.

MAIN / RED
Triceps brachii contributes as the elbows straighten.

SECONDARY / BLUE
Shoulder and forearm muscles guide the upper arms and grip.

SUPPORT / GREEN
Trunk and hip muscles steady the position and support contacts.

RESISTANCE BANDS

Standing paired low-rear overhead extension

DAY 1 / Overhead elbow-extension sequence / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand with one independent palm-loop grip in each hand above and behind the head.

MOVE / Straighten both elbows against the separate low-rear lines.

RETURN / Bend the elbows slowly without joining the two grip circuits.

MAIN / RED
Triceps brachii straightens the elbows.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Standing shared-grip high-rear elbow extension

DAY 1 / Overhead elbow-extension sequence / substitute a matching movement



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on the retained high-rear grip above the head.

MOVE / Straighten the elbows to guide the hands overhead.

RETURN / Bend the elbows slowly without releasing the line.

MAIN / RED
Triceps brachii straightens the elbows.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Standing single-arm high-rear elbow extension

DAY 1 / Overhead elbow-extension sequence / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand with one grip beside the head on the high-rear line.

MOVE / Straighten the working elbow to guide the hand overhead.

RETURN / Bend the elbow slowly while keeping the upper arm controlled.

MAIN / RED
Triceps brachii straightens the working elbow.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Shared-grip downward draw with lowering base

DAY 1 / Shared-handle downward draw / substitute a matching movement



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Hold the shared grip on the side/rear line with both hands.

MOVE / Guide the hands downward as the body lowers and torso inclines.

RETURN / Return the hands upward along the incoming line with control.

MAIN / RED
Triceps contributes as the elbows straighten; latissimus dorsi guides the upper arms down toward the torso.

SECONDARY / BLUE
Shoulder and forearm muscles guide the upper arms and grip.

SUPPORT / GREEN
Trunk and hip muscles steady the position and support contacts.

RESISTANCE BANDS

Standing shared-grip downward draw

DAY 1 / Shared-handle downward draw / substitute a matching movement



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on the shared side/rear grip near the chest.

MOVE / Straighten the elbows and guide the hands down as the torso inclines.

RETURN / Return the grip toward the chest slowly.

MAIN / RED
Triceps contributes as the elbows straighten; latissimus dorsi guides the upper arms down toward the torso.

SECONDARY / BLUE
Shoulder and forearm muscles guide the upper arms and grip.

SUPPORT / GREEN
Trunk and hip muscles steady the position and support contacts.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Single-arm side-line chest and shoulder control

DAY 1 / Side-line bent-arm draw / substitute a matching movement



POSITION A | POSITION B

GRIP / Neutral handle grip

SETUP / Stand in a staggered base with one side-line grip beside the shoulder.

MOVE / Control the working arm while the torso and free arm change position.

RETURN / Return slowly without turning the grip into a separate wrist attachment.

MAIN / RED
Pectoralis major and front deltoid control the working upper arm against the side-rear line.

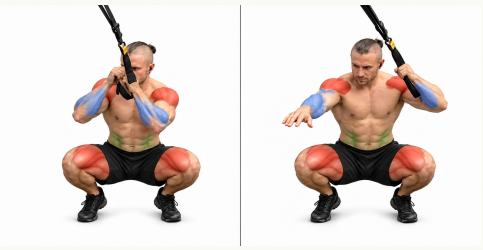
SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Low-squat high-front draw / shared and single grip

DAY 2 / High-front bent-arm draw / substitute a matching movement



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Shared-to-single grip variation

SETUP / Hold a low squat under the high-front line.

MOVE / Control the loaded grip near the upper chest; the sequence also uses one hand.

RETURN / Keep the base steady as the hand returns toward the incoming line.

MAIN / RED
Quadriceps and hip muscles sustain the low squat; shoulder muscles control the upper-arm draw.

SECONDARY / BLUE
Elbow and forearm muscles control the changing grip.

SUPPORT / GREEN
Trunk muscles steady the low base.

RESISTANCE BANDS

Single-leg balance with high-front grip

DAY 2 / High-front bent-arm draw / substitute a matching movement



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Neutral handle grip

SETUP / Take one high-front grip and balance on one foot.

MOVE / Lift the free leg diagonally side or back; use the free arm for balance.

RETURN / Lower the foot with control before changing sides.

MAIN / RED
Hip abductors or extensors lift the free leg, depending on its direction.

SECONDARY / BLUE
Shoulder and forearm muscles control the loaded hand grip.

SUPPORT / GREEN
Supporting-leg and trunk muscles steady the single-leg stance.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Standing-to-squat shared high-front draw

DAY 2 / High-front bent-arm draw / substitute a matching movement



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Stand with both hands on the joined high-front grips.

MOVE / Lower into the squat while maintaining controlled grip position.

RETURN / Rise through the legs without releasing the line suddenly.

MAIN / RED
Quadriceps and hip extensors control the squat; elbow flexors sustain the grip position.

SECONDARY / BLUE
Shoulder and forearm muscles guide the arm and grip.

SUPPORT / GREEN
Trunk muscles steady the torso over both feet.

RESISTANCE BANDS

Box-kneeling single-arm high-line torso fold

DAY 2 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Kneel on the box with one retained high-line grip beside and above the head.

MOVE / Incline the torso while controlling the grip and elbow position.

RETURN / Raise the torso slowly without releasing the line.

MAIN / RED
Anterior trunk muscles contribute to the forward fold; these regions are hidden in the rear view.

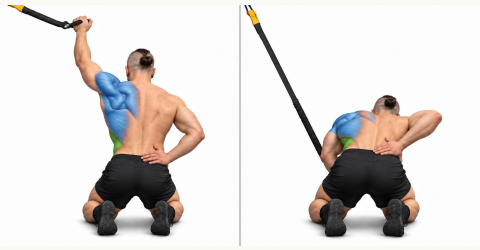
SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Floor-kneeling left-arm high-side torso fold

DAY 2 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Kneel with the left hand on the high-side grip and the other hand free.

MOVE / Fold the torso while retaining the grip; the working hand becomes hidden in front of the body.

RETURN / Raise the torso slowly along the retained line.

MAIN / RED
Anterior trunk muscles contribute to the fold; hidden regions are described rather than colored on the back.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Floor-kneeling right-arm high-side torso fold

DAY 2 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Kneel on the floor with the right hand retaining the high-side grip; the other hand stays free.

MOVE / Incline the torso with the working grip beside the head.

RETURN / Return slowly without inventing a separate arm-extension phase.

MAIN / RED
Anterior trunk muscles contribute to forward and side folding against the retained line.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Single-arm high-side line hold with lowering base

DAY 2 / Overhead arm drive with torso movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand with one grip raised on the high-side line; use the box support shown.

MOVE / Lower the base while keeping the working grip controlled.

RETURN / Rise slowly without changing the line or support contact.

MAIN / RED
Trunk and hip muscles control the lowering base against the retained high-side line.

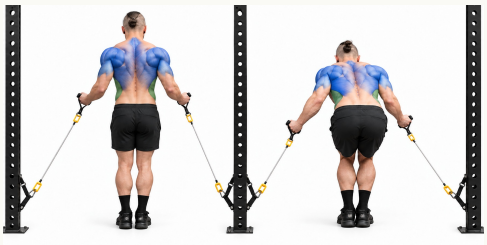
SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Paired low-rear line control with torso inclination

DAY 2 / Supported rearward arm movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand with independent handles beside the hips on separate low-rear lines.

MOVE / Incline the torso while controlling both handles and the knee bend.

RETURN / Return the torso slowly along the same line arrangement.

MAIN / RED
Trunk muscles control the inclination against the retained lines; anterior main regions are hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Box-kneeling shoulder-braced line control

DAY 2 / Braced torso bow / hinge / substitute a matching movement



POSITION A POSITION B

GRIP / Bar / strap support contact

SETUP / Kneel on the box; retain the shoulder loop with the opposite hand.

MOVE / Control the torso inclination while keeping the shoulder attachment in place.

RETURN / Return toward the higher position without releasing the attachment.

MAIN / RED
Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

SECONDARY / BLUE
Shoulder, forearm and spinal muscles control the retained line and torso position.

SUPPORT / GREEN
Hip muscles and the shown floor or box contacts steady the base.

RESISTANCE BANDS

Floor-kneeling shoulder-bar posture control

DAY 2 / Braced torso bow / hinge / substitute a matching movement



POSITION A POSITION B

GRIP / Overhand / pronated grip

SETUP / Kneel on the floor with the padded bar across the upper back and hands on its ends.

MOVE / Control the small torso inclination while retaining the bar.

RETURN / Return toward upright without changing the bar contacts.

MAIN / RED
Abdominal and spinal muscles control the retained torso posture; the source shows a small inclination rather than a deep bow.

SECONDARY / BLUE
Shoulder and forearm muscles hold the bar and guide the upper arms.

SUPPORT / GREEN
Hip muscles and both knees maintain the floor base.

RESISTANCE BANDS

Standing high rear upper back braced torso bow

DAY 2 / Braced torso bow / hinge / substitute a matching movement



POSITION A POSITION B

GRIP / Bar / strap support contact

SETUP / Retain the upper-back webbing ends in front, with the single rear line clear of the head.

MOVE / Incline the torso while keeping the attachment contacts steady.

RETURN / Raise the torso slowly along the same retained-line arrangement.

MAIN / RED
Anterior trunk muscles contribute to the fold against the retained high rear line; they are hidden in this rear view.

SECONDARY / BLUE
Spinal, shoulder and forearm muscles control the torso and front-retained webbing.

SUPPORT / GREEN
Hip muscles and the shown stance steady the base.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Upper back braced torso bow

DAY 2 / Braced torso bow / hinge / substitute a matching movement



VARIATION A / shown contact | VARIATION B / shown contact

GRIP / Bar / strap support contact

SETUP / Retain the upper-back webbing assembly with the hands in front; the high rear line enters one common connector.

MOVE / Incline the torso forward while controlling the shoulder assembly.

RETURN / Return slowly without allowing the shoulder attachment to shift.

MAIN / RED
Anterior trunk muscles contribute to forward folding against the high rear line; they are hidden in this rear view.

SECONDARY / BLUE
Spinal extensors and posterior leg muscles control torso and hip position.

SUPPORT / GREEN
Hip and ankle muscles steady the floor contacts.

RESISTANCE BANDS

Deep squat two hand single handle curl

DAY 3 / Curl / elbow-flexion draw / substitute a matching movement



POSITION A | POSITION B

GRIP / Two-hand shared grip

SETUP / Deep squat, feet on floor; both hands share one handle

MOVE / Shared red handle toward torso and back forward/down

RETURN / Return along the same handle path under control.

MAIN / RED
Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

SECONDARY / BLUE
Forearm muscles maintain grip; shoulder muscles control the upper arm.

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

RESISTANCE BANDS

Deep squat unilateral low line curl

DAY 3 / Curl / elbow-flexion draw / substitute a matching movement



POSITION A | POSITION B

GRIP / Underhand / palms-up grip

SETUP / Deep squat, feet on floor; one active hand

MOVE / One red handle toward torso with free hand on thigh

RETURN / Return along the same handle path under control.

MAIN / RED
Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

SECONDARY / BLUE
Forearm muscles maintain grip; shoulder muscles control the upper arm.

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

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Floor low base unilateral curl

DAY 3 / Curl / elbow-flexion draw / substitute a matching movement



POSITION A POSITION B

GRIP / Underhand / palms-up grip

SETUP / Floor-kneeling / half-kneeling low base; one knee contact visible

MOVE / One red handle toward torso as elbow flexes; free hand at thigh

RETURN / Return along the same handle path under control.

MAIN / RED
Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

SECONDARY / BLUE
Forearm muscles maintain grip; shoulder muscles control the upper arm.

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

RESISTANCE BANDS

Inclined shared-grip low-front curl

DAY 3 / Curl / elbow-flexion draw / substitute a matching movement



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Stand inclined with both hands sharing the rope grip on the low-front line.

MOVE / Bend the elbows to draw the shared grip toward the chest.

RETURN / Straighten the elbows slowly without releasing the shared grip.

MAIN / RED
Biceps and brachialis contribute as the elbows bend.

SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

Standing inclined single-arm front-line draw

DAY 3 / Curl / elbow-flexion draw / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand inclined with one front-line grip; keep the free hand on the low back.

MOVE / Bend the working elbow to draw the hand toward the front of the torso.

RETURN / Straighten the elbow slowly along the same line.

MAIN / RED
Elbow flexors contribute as the working elbow bends; anterior regions may be hidden in this rear view.

SECONDARY / BLUE
Shoulder and forearm muscles control the retained grip and upper arm.

SUPPORT / GREEN
Trunk and hip muscles steady the inclined stance.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Low-rear palm-grip contact control

DAY 3 / Forearm rotation and grip control / substitute a matching movement



CONTACT A / open palm CONTACT B / closed grip

GRIP / Palm contact / open-to-closed grip

SETUP / Retain one palm-loop grip beside the hip on the low-rear line.

MOVE / Control the change from open palm contact to a closed grip; keep the wrist aligned.

RETURN / Return to the shown palm contact under control; do not add an improvised cuff.

MAIN / RED
Finger flexors and extensors change the hand contact; forearm muscles stabilize the wrist.

SECONDARY / BLUE
Shoulder and elbow muscles hold the arm position as the palm contact changes.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

High-front shared draw with rising and lowering base

DAY 3 / High-front bent-arm draw / substitute a matching movement



POSITION A POSITION B

GRIP / Two-hand shared grip

SETUP / Take the shared high-front grip; keep the supporting base stable.

MOVE / Control the grip near the chest as the body rises and lowers.

RETURN / Return slowly along the incoming line; keep the box clear of the loaded path.

MAIN / RED
Shoulder and back muscles control the upper-arm draw.

SECONDARY / BLUE
Elbow and forearm muscles steady the shared grip.

SUPPORT / GREEN
Trunk muscles control the torso; lower-body contacts are hidden in this view.

RESISTANCE BANDS

Sandbag-kneeling high-front draw and torso fold

DAY 3 / High-front bent-arm draw / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Kneel on the low cylindrical support with the paired grips joined to one high-front line.

MOVE / Draw the hands forward and down as the torso folds.

RETURN / Bring the hands up and torso back under control.

MAIN / RED
Latissimus dorsi guides the arm draw; triceps contributes as the elbows extend; abdominal muscles contribute to the torso fold.

SECONDARY / BLUE
Forearm and shoulder-blade muscles guide the grips and arms.

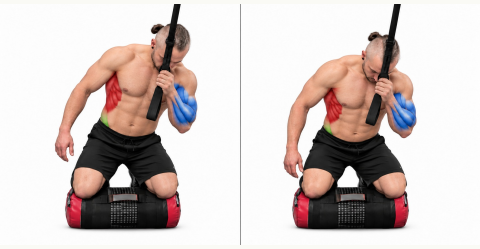
SUPPORT / GREEN
Hip muscles steady the kneeling base on the support.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Sandbag-kneeling single-arm high-front draw

DAY 3 / High-front bent-arm draw / substitute a matching movement



POSITION A | POSITION B

SETUP / Kneel on the low cylindrical support; hold one high-front grip.

MOVE / Control the hand near the face as the torso inclines.

RETURN / Return the torso slowly with the free hand unconnected.

MAIN / RED
Latissimus dorsi and posterior shoulder muscles control the upper-arm draw.

SECONDARY / BLUE
Elbow and forearm muscles control the working grip.

SUPPORT / GREEN
Trunk and hip muscles steady the kneeling support.

GRIP / Neutral handle grip

RESISTANCE BANDS

Sandbag-supported kneeling high-front draw

DAY 3 / High-front bent-arm draw / substitute a matching movement



POSITION A | POSITION B

SETUP / Kneel over the low cylindrical support with both hands on the joined grips.

MOVE / Draw the hands from overhead toward the head as the hips lower.

RETURN / Guide the hands upward and raise the torso under control.

MAIN / RED
Latissimus dorsi guides the upper arms toward the trunk.

SECONDARY / BLUE
Elbow flexors, scapular muscles and forearms control the draw and grip.

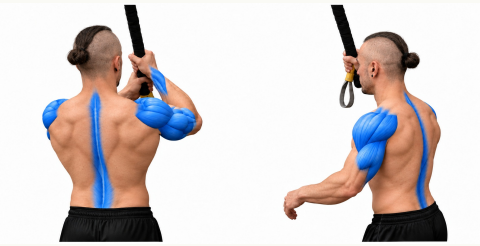
SUPPORT / GREEN
Trunk and hip muscles steady the kneeling base.

GRIP / Neutral handle grip

RESISTANCE BANDS

Standing high-front draw / shared-to-single grip

DAY 3 / High-front bent-arm draw / substitute a matching movement



VARIATION A / shown contact | VARIATION B / shown contact

SETUP / Stand beside the box with the overhead attachment.

MOVE / The sequence changes from a shared grip to one active hand near the head.

RETURN / Control the return along the high-front line; keep the free hand clear.

MAIN / RED
Latissimus dorsi controls the upper-arm draw.

SECONDARY / BLUE
Elbow and shoulder-blade muscles guide the arm; forearms control the grip.

SUPPORT / GREEN
Trunk and hip muscles steady the standing base.

GRIP / Shared-to-single grip variation

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Low-rear rope-grip retention with stance control

DAY 3 / Supported rearward arm movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand inclined with the rope grip beside and behind the hip; keep the free support contact steady.

MOVE / Control the retained line while changing the knee and hip position.

RETURN / Return the stance slowly; keep the working elbow nearly unchanged.

MAIN / RED
Shoulder and trunk muscles control the retained rearward line and inclined posture.

SECONDARY / BLUE
Shoulder, forearm and postural muscles guide the shown grip and torso position.

SUPPORT / GREEN
Hip muscles and the shown support contacts steady the base.

RESISTANCE BANDS

Standing single-arm rearward drive with torso incline

DAY 3 / Supported rearward arm movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Hold the single grip beside the shoulder with the other hand free.

MOVE / Guide the hand toward the rear hip while inclining the torso.

RETURN / Return the grip slowly toward the incoming line.

MAIN / RED
Posterior shoulder and triceps muscles control the rearward arm drive.

SECONDARY / BLUE
Scapular and forearm muscles guide the grip.

SUPPORT / GREEN
Trunk and hip muscles steady the inclined stance.

RESISTANCE BANDS

Wide-stance paired low-front draw and squat

DAY 3 / Supported rearward arm movement / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Stand wide with one independent grip in each hand and knees bent.

MOVE / Control the paired draw as the hips and knees lower the torso.

RETURN / Rise and return the grips slowly without changing their separate circuits.

MAIN / RED
Latissimus and posterior shoulder muscles contribute to the arm draw; quadriceps and hip extensors control the squat.

SECONDARY / BLUE
Elbow flexors and forearm muscles guide the independent grips.

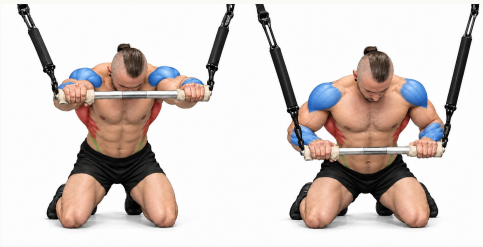
SUPPORT / GREEN
Trunk muscles steady the wide stance.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Floor-kneeling paired side-line bar draw

DAY 3 / Side-line bent-arm draw / substitute a matching movement



POSITION A POSITION B

GRIP / Overhand / pronated grip

SETUP / Kneel on the floor with both hands on the short padded bar.

MOVE / Draw the bar from the higher position toward the abdomen as the elbows bend.

RETURN / Guide the bar upward and forward under control.

MAIN / RED
Elbow flexors bend the elbows; latissimus dorsi guides the upper arms toward the torso.

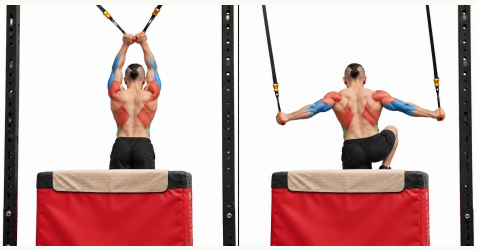
SECONDARY / BLUE
Shoulder and forearm muscles guide the bar and grips.

SUPPORT / GREEN
Trunk and hip muscles steady both knees on the floor.

RESISTANCE BANDS

Paired high-line arm opening with knee lift

DAY 3 / Wide-arm sweep / inclined drive / substitute a matching movement



POSITION A / arms raised POSITION B / arms open and knee lift

GRIP / Retained palm-loop grip

SETUP / Take one grip on each independent high line; stand behind the box.

MOVE / Open the arms from overhead toward the sides as one knee lifts.

RETURN / Lower the foot and return the hands upward with control.

MAIN / RED
Posterior deltoids and latissimus dorsi guide the arm opening.

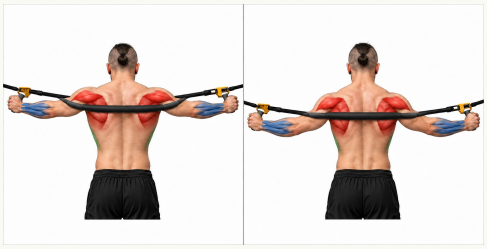
SECONDARY / BLUE
Triceps and forearm muscles steady elbows and grips.

SUPPORT / GREEN
Trunk and supporting-leg muscles steady the changing base.

RESISTANCE BANDS

Paired palm-grip opening with upper-back padded bridge

DAY 3 / Wide-arm sweep / inclined drive / substitute a matching movement



POSITION A POSITION B

GRIP / Neutral handle grip

SETUP / Retain both palm grips and the continuous padded bridge behind the upper back.

MOVE / Control the open-arm position as the hands lower slightly.

RETURN / Return the grips along their separate incoming lines.

MAIN / RED
Posterior deltoid and scapular muscles control the open-arm position.

SECONDARY / BLUE
Forearm muscles maintain the palm contacts and wrist position.

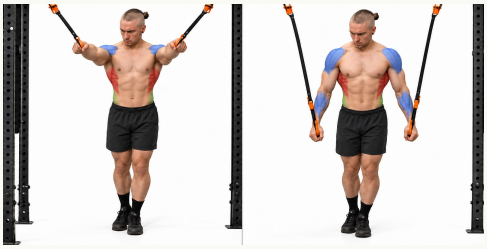
SUPPORT / GREEN
Trunk muscles steady the torso.

RESISTANCE BANDS

Exercise variations / grouped by day and movement

Standing paired high-front arm sweep

DAY 3 / Wide-arm sweep / inclined drive / substitute a matching movement



POSITION A POSITION B

GRIP / Retained palm-loop grip

SETUP / Stand with one palm grip in each hand and the high-front lines clear of the head.

MOVE / Guide both hands from forward shoulder height down beside the hips.

RETURN / Raise the hands slowly along their separate paths.

MAIN / RED
Latissimus contributes to drawing the upper arms down; the visible lateral regions are highlighted.

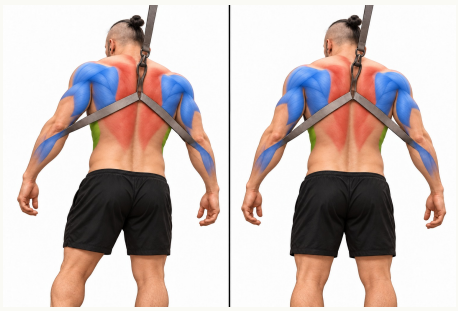
SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

Upper-back braced line control with free arms

DAY 3 / Wide-arm sweep / inclined drive / substitute a matching movement



POSITION A POSITION B

GRIP / No loaded hand grip

SETUP / Retain the upper-back webbing assembly on its single high rear line.

MOVE / Control the torso and free-arm position while the assembly stays in place.

RETURN / Return to the starting stance with the attachment contacts unchanged.

MAIN / RED
Shoulder and trunk muscles control the retained upper-back line; no isolated arm-lift prime mover is assigned.

SECONDARY / BLUE
Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

SUPPORT / GREEN
Trunk and hip muscles steady the shown support contacts.

RESISTANCE BANDS

High-anchor downward band chest press

Added band technique / Long-line band technique / substitute a matching movement



START / handles beside chest FINISH / controlled downward press

GRIP / Neutral handle grip

SETUP / Two secure rear anchors at high level; one continuous band per handle.

MOVE / Press forward and down; finish with soft elbows and hands 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

Exercise variations / grouped by day and movement

Low-anchor upward band chest press

Added band technique / Long-line band technique / substitute a matching movement



START / handles beside lower chest



FINISH / controlled upward press

GRIP / Neutral handle grip

SETUP / Two secure rear anchors at low level; one continuous band per handle.

MOVE / Press forward and upward to upper-chest height without arching the back.

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

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

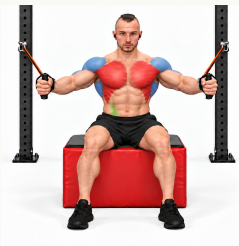
SECONDARY / BLUE
Triceps extend the elbows; anterior deltoid assists the press.

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

RESISTANCE BANDS

Box-seated two-arm band chest fly

Added band technique / Long-line band technique / substitute a matching movement



START / arms comfortably open



FINISH / hands meet before chest

GRIP / Neutral handles / fly arc

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

MOVE / Sweep both upper arms forward in a hugging arc; keep elbows softly bent.

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
Anterior deltoid assists; shoulder-blade and rotator-cuff muscles guide the motion.

SUPPORT / GREEN
Trunk stabilizers and planted feet hold a steady seated base.

RESISTANCE BANDS

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

1. Shoulder band-bar squat

Legs and hips / 2 planned sets / 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

2. Standing Pilates bar hip hinge

Pilates-kit variation / Legs and hips / 2 planned sets / 8-12



START / hip hinge FINISH / upright

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops under the shoe arches; connect two matched tubes to each bar end.

MOVE / Hinge the hips back with soft knees, keeping the bar close to the legs.

RETURN / Drive through the feet and extend the hips; keep the arms long.

MAIN / RED
Gluteals and hamstrings extend the hips as the torso returns upright.

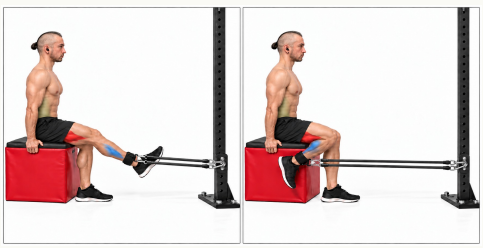
SECONDARY / BLUE
Spinal extensors maintain the shape of the back; forearms steady the bar.

SUPPORT / GREEN
Abdominal muscles brace the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

3. Seated single-leg band curl / Pilates pair

Legs and hips / 1 planned set / 8-12 each side



START / heel forward FINISH / heel drawn back

GRIP / Ankle-cuff resistance

SETUP / Stable box; low front line and approved ankle cuff; two matching bands on the working side.

MOVE / Draw the heel back by bending the knee.

RETURN / Return slowly; keep the heel path clear of the box.

MAIN / RED
Hamstrings bend the knee, drawing the heel back.

SECONDARY / BLUE
Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

SUPPORT / GREEN
box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

4. Bent-over Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms extended FINISH / bar at low ribs

GRIP / Overhand / pronated grip

SETUP / Secure one foot loop under each shoe arch, with two matching tubes to each bar end.

MOVE / Hold the hip hinge and draw the bar toward the lower ribs; keep the shoulders down.

RETURN / Extend the arms slowly without changing the torso angle.

MAIN / RED
Latissimus dorsi draws the upper arms back toward the trunk.

SECONDARY / BLUE
Rhomboids, rear deltoids and elbow flexors assist the row.

SUPPORT / GREEN
Abdominals and hip muscles hold the hinge while both feet stay planted.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

5. Floor-seated Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms forward FINISH / controlled row

GRIP / Overhand / pronated grip

SETUP / Sit tall with soft knees; secure foot loops at both arches and match the tube pairs.

MOVE / Draw the bar toward the low ribs without rounding or leaning back.

RETURN / Extend the arms slowly toward the feet, keeping the spine comfortably upright.

MAIN / RED
Latissimus dorsi draws the upper arms back during the pull.

SECONDARY / BLUE
Rear deltoids, rhomboids and elbow flexors guide the bar toward the torso.

SUPPORT / GREEN
Abdominal muscles steady the seated trunk; the pelvis and legs provide support.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

6. PLYOSOFT box-supported one-arm row / Pilates pair

Back / 2 planned sets / 8-12 each side



START / softly extended arm FINISH / controlled pull

GRIP / Neutral handle grip

SETUP / Stable box; one handle on a front line near hand height; two matching bands on the working side.

MOVE / Draw the elbow toward the lower ribs without twisting.

RETURN / Lower slowly to a softly extended arm.

MAIN / RED
Latissimus dorsi: draws the upper arm back toward the trunk.

SECONDARY / BLUE
Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

SUPPORT / GREEN
Abdominals and spinal stabilizers resist rotation. Hips, thighs and ankle muscles steady both feet; the other arm supports the torso.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

7. Supported single-arm chest press / Pilates pair

Chest and shoulders / 2 planned sets / 8-12 each side



START / handle beside chest | FINISH / controlled press

GRIP / Neutral handle grip

SETUP / Stable box; rear anchor near chest height; two matching bands on the working side.

MOVE / Press forward without leaning or twisting.

RETURN / Stop before elbow lock; return within a comfortable arc.

MAIN / RED
Pectoralis major: moves the upper arm forward and across the chest.

SECONDARY / BLUE
Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

SUPPORT / GREEN
Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

8. Standing Pilates bar overhead press

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / bar at shoulders | FINISH / controlled press

GRIP / Overhand / pronated grip

SETUP / Secure the foot loops; connect matched tube pairs through the adjustable bar straps.

MOVE / Press the bar upward from the front of the shoulders without arching the back.

RETURN / Lower slowly to the starting position; use a range set with your trainer.

MAIN / RED
Deltoids raise the upper arms during the overhead press.

SECONDARY / BLUE
Triceps extend the elbows; scapular muscles guide the shoulder blades.

SUPPORT / GREEN
Abdominal and hip muscles keep the torso stacked over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

9. Standing Pilates-handle lateral raise

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / hands beside thighs | FINISH / arms raised

GRIP / Angled / semi-pronated grip

SETUP / Use the kit handles and foot loops, with two matching tubes on each independent side.

MOVE / Raise slightly forward of the sides, keeping wrists straight and hands below shoulder height.

RETURN / Lower slowly without leaning or shrugging; stay within the agreed range.

MAIN / RED
Middle deltoids raise the upper arms out to the sides.

SECONDARY / BLUE
Supraspinatus and scapular muscles help guide the shoulder movement.

SUPPORT / GREEN
Abdominal muscles steady the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

10. Seated neutral-grip curl / Pilates pair

Arms and core / 1 planned set / 8-12 each side



START / soft elbow extension | FINISH / controlled curl

GRIP / Neutral handle grip

SETUP / Sit on the red box; clip two equal Pilates tubes to the low line and active handle. Match the opposite bundle.

MOVE / Bend the elbow without swinging or leaning back.

RETURN / Lower slowly to a softly extended elbow.

MAIN / RED
Brachialis, biceps brachii and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

SUPPORT / GREEN
box, feet and trunk control keep the pelvis and torso still.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

11. Seated bar pressdown / Pilates pairs

Arms and core / 1 planned set / 8-12



START / elbows bent | FINISH / soft elbow extension

GRIP / Overhand / pronated grip

SETUP / Sit on the red box; two equal Pilates tubes attach to each bar end from the high front mount.

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.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

12. Standing Pilates bar torso rotation

Pilates-kit variation / Arms and core / 1 planned set / 8-12 each side



START / centred | FINISH / small torso turn

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops and match the tube pairs; hold the bar just below chest height.

MOVE / Turn the upper torso through a small comfortable arc while the pelvis faces forward.

RETURN / Return to centre slowly, then change sides; avoid forcing the twist.

MAIN / RED
Oblique abdominal muscles guide the small, controlled torso rotation.

SECONDARY / BLUE
Shoulder and arm muscles maintain the held bar position.

SUPPORT / GREEN
Hip and gluteal muscles steady the pelvis over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

1. Seated single-leg band curl / Pilates pair

Legs and hips / 1 planned set / 8-12 each side



START / heel forward FINISH / heel drawn back

GRIP / Ankle-cuff resistance

SETUP / Stable box; low front line and approved ankle cuff; two matching bands on the working side.

MOVE / Draw the heel back by bending the knee.

RETURN / Return slowly; keep the heel path clear of the box.

MAIN / RED
Hamstrings bend the knee, drawing the heel back.

SECONDARY / BLUE
Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

SUPPORT / GREEN
box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

2. Shoulder band-bar squat

Legs and hips / 1 planned set / 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

3. Standing Pilates bar hip hinge

Pilates-kit variation / Legs and hips / 1 planned set / 8-12



START / hip hinge FINISH / upright

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops under the shoe arches; connect two matched tubes to each bar end.

MOVE / Hinge the hips back with soft knees, keeping the bar close to the legs.

RETURN / Drive through the feet and extend the hips; keep the arms long.

MAIN / RED
Gluteals and hamstrings extend the hips as the torso returns upright.

SECONDARY / BLUE
Spinal extensors maintain the shape of the back; forearms steady the bar.

SUPPORT / GREEN
Abdominal muscles brace the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

4. Standing Pilates bar overhead press

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / bar at shoulders FINISH / controlled press

GRIP / Overhand / pronated grip

SETUP / Secure the foot loops; connect matched tube pairs through the adjustable bar straps.

MOVE / Press the bar upward from the front of the shoulders without arching the back.

RETURN / Lower slowly to the starting position; use a range set with your trainer.

MAIN / RED
Deltoids raise the upper arms during the overhead press.

SECONDARY / BLUE
Triceps extend the elbows; scapular muscles guide the shoulder blades.

SUPPORT / GREEN
Abdominal and hip muscles keep the torso stacked over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

5. Supported single-arm chest press / Pilates pair

Chest and shoulders / 1 planned set / 8-12 each side



START / handle beside chest FINISH / controlled press

GRIP / Neutral handle grip

SETUP / Stable box; rear anchor near chest height; two matching bands on the working side.

MOVE / Press forward without leaning or twisting.

RETURN / Stop before elbow lock; return within a comfortable arc.

MAIN / RED
Pectoralis major: moves the upper arm forward and across the chest.

SECONDARY / BLUE
Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

SUPPORT / GREEN
Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

6. Standing Pilates-handle lateral raise

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / hands beside thighs FINISH / arms raised

GRIP / Angled / semi-pronated grip

SETUP / Use the kit handles and foot loops, with two matching tubes on each independent side.

MOVE / Raise slightly forward of the sides, keeping wrists straight and hands below shoulder height.

RETURN / Lower slowly without leaning or shrugging; stay within the agreed range.

MAIN / RED
Middle deltoids raise the upper arms out to the sides.

SECONDARY / BLUE
Supraspinatus and scapular muscles help guide the shoulder movement.

SUPPORT / GREEN
Abdominal muscles steady the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

7. PLYOSOFT box-supported one-arm row / Pilates pair

Back / 1 planned set / 8-12 each side



START / softly extended arm | FINISH / controlled pull

GRIP / Neutral handle grip

SETUP / Stable box; one handle on a front line near hand height; two matching bands on the working side.

MOVE / Draw the elbow toward the lower ribs without twisting.

RETURN / Lower slowly to a softly extended arm.

MAIN / RED
Latissimus dorsi: draws the upper arm back toward the trunk.

SECONDARY / BLUE
Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

SUPPORT / GREEN
Abdominals and spinal stabilizers resist rotation. Hips, thighs and ankle muscles steady both feet; the other arm supports the torso.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

8. Floor-seated Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms forward | FINISH / controlled row

GRIP / Overhand / pronated grip

SETUP / Sit tall with soft knees; secure foot loops at both arches and match the tube pairs.

MOVE / Draw the bar toward the low ribs without rounding or leaning back.

RETURN / Extend the arms slowly toward the feet, keeping the spine comfortably upright.

MAIN / RED
Latissimus dorsi draws the upper arms back during the pull.

SECONDARY / BLUE
Rear deltoids, rhomboids and elbow flexors guide the bar toward the torso.

SUPPORT / GREEN
Abdominal muscles steady the seated trunk; the pelvis and legs provide support.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

9. Bent-over Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms extended | FINISH / bar at low ribs

GRIP / Overhand / pronated grip

SETUP / Secure one foot loop under each shoe arch, with two matching tubes to each bar end.

MOVE / Hold the hip hinge and draw the bar toward the lower ribs; keep the shoulders down.

RETURN / Extend the arms slowly without changing the torso angle.

MAIN / RED
Latissimus dorsi draws the upper arms back toward the trunk.

SECONDARY / BLUE
Rhomboids, rear deltoids and elbow flexors assist the row.

SUPPORT / GREEN
Abdominals and hip muscles hold the hinge while both feet stay planted.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

10. Standing Pilates bar torso rotation

Pilates-kit variation / Arms and core / 1 planned set / 8-12 each side



START / centred | FINISH / small torso turn

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops and match the tube pairs; hold the bar just below chest height.

MOVE / Turn the upper torso through a small comfortable arc while the pelvis faces forward.

RETURN / Return to centre slowly, then change sides; avoid forcing the twist.

MAIN / RED
Oblique abdominal muscles guide the small, controlled torso rotation.

SECONDARY / BLUE
Shoulder and arm muscles maintain the held bar position.

SUPPORT / GREEN
Hip and gluteal muscles steady the pelvis over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

11. Seated bar pressdown / Pilates pairs

Arms and core / 1 planned set / 8-12



START / elbows bent | FINISH / soft elbow extension

GRIP / Overhand / pronated grip

SETUP / Sit on the red box; two equal Pilates tubes attach to each bar end from the high front mount.

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.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

12. Seated neutral-grip curl / Pilates pair

Arms and core / 1 planned set / 8-12 each side



START / soft elbow extension | FINISH / controlled curl

GRIP / Neutral handle grip

SETUP / Sit on the red box; clip two equal Pilates tubes to the low line and active handle. Match the opposite bundle.

MOVE / Bend the elbow without swinging or leaning back.

RETURN / Lower slowly to a softly extended elbow.

MAIN / RED
Brachialis, biceps brachii and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

SUPPORT / GREEN
box, feet and trunk control keep the pelvis and torso still.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS