Anatomy and movement

PLYOSOFT box-supported one-arm row

Band technique



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

Supported single-arm chest press

Band technique



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

Seated straight-bar pressdown

Band technique



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.

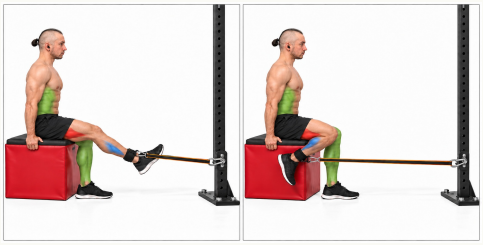
SUPPORT / GREEN
Trunk muscles hold a quiet seated posture; both feet and the box provide support.

RESISTANCE BANDS

Anatomy and movement

Seated single-leg band curl

Band technique



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

Seated neutral-grip curl

Band technique



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

Box-kneeling elbow extension

Band technique



START / elbows bent | FINISH / forward extension

GRIP / Neutral handle grip

SETUP / Both knees on the box; paired high rear lines.

MOVE / Extend the elbows to move the hands forward.

RETURN / Return hands near the head under control.

MAIN / RED
Triceps brachii extends the elbows. The recorded torso fold is an additional movement, not isolated triceps work.

SECONDARY / BLUE
Shoulder muscles control upper-arm position; forearm muscles stabilize the handles.

SUPPORT / GREEN
Trunk muscles control the inclined torso. Both knees contact the padded box and form the support base.

RESISTANCE BANDS

Anatomy and movement

Floor-kneeling overhead band extension

Band technique



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

Supported low-front band curl

Training adaptation / Band technique



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

Standing shared-handle overhead extension

Band technique



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.

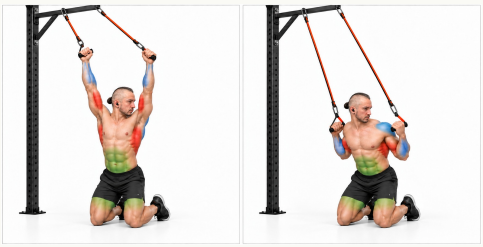
SUPPORT / GREEN
Trunk and hip stabilizers maintain the standing posture. Both feet form the base in the illustrated version.

RESISTANCE BANDS

Anatomy and movement

Floor-kneeling high-front paired draw

Band technique



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

Standing mid side band bar pressdown

Band technique



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

Shoulder band-bar squat

Band technique



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.

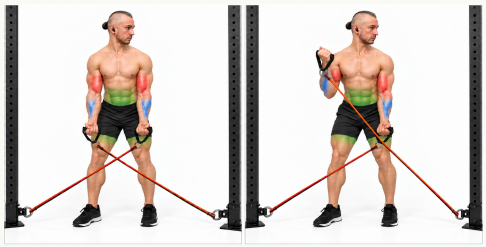
SUPPORT / GREEN
Abdominal muscles stabilize the torso, with feet planted on the floor. Ankle and calf muscles control the base.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Anatomy and movement

Standing alternating low-front curl

Band technique



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

PLYOSOFT box-supported one-arm row / Pilates pair

Band technique



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

Supported single-arm chest press / Pilates pair

Band technique



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

Anatomy and movement

Seated single-leg band curl / Pilates pair

Band technique



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

Seated neutral-grip curl / Pilates pair

Pilates kit adaptation



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

Seated bar pressdown / Pilates pairs

Pilates kit adaptation



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

Anatomy and movement

Standing Pilates bar hip hinge

Pilates-kit variation / Band technique



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

Standing Pilates bar overhead press

Pilates-kit variation / Band technique



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

Bent-over Pilates bar row

Pilates-kit variation / Band technique



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

Anatomy and movement

Floor-seated Pilates bar row

Pilates-kit variation / Band technique



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

Standing Pilates-handle lateral raise

Pilates-kit variation / Band technique



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

Standing Pilates bar torso rotation

Pilates-kit variation / Band technique



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

Anatomy and movement

Standing two-arm band chest press

Added band technique / Band technique



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

Standing mid-height band chest fly

Added band technique / Band technique



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

High-to-low band chest fly

Added band technique / Band technique



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

Anatomy and movement

Low-to-high band chest fly

Added band technique / Band technique



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

Single-arm band chest fly

Added band technique / Band technique



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

High-anchor downward band chest press

Added band technique / Band technique



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

Anatomy and movement

Low-anchor upward band chest press

Added band technique / Band technique



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 / Band technique



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