Curl / elbow-flexion draw

Source-linked posture and attachment variants

Main: Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

Secondary: Forearm muscles maintain grip; shoulder muscles control the upper arm.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Day 3 / pull and biceps



START / elbow softly open | **FINISH / controlled low-anchor curl**

Representative technique plate. Variant geometry below is source-specific; this plate is not an exact depiction of every variation.

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Thigh-braced cross-body low-side curl

Position: Standing; knee bend and torso inclination as described / Standing inclined, knees bent; one red handle active; free palm braces on thigh

Anchor: Low side attachment beside rig base

Hands: Hand curls upward toward shoulder/chest; C087 thigh-braced

Resistance direction: Down/side toward attachment

Equipment: Anchored lines / construction unconfirmed / Exposed pale elastic tubes with one red handle, visually identified

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:31:38 - 00:32:18 / SET-C087

Curl / elbow-flexion draw

Inclined shared-grip low-front curl

Position: Standing inclined in source check; earlier floor-kneeling label withdrawn / Standing; torso inclines deeply in later phase

Anchor: Low front/side rack anchor below waist / Low / behind at paired side rack bases

Hands: Handle moves near chest/front while torso inclines / Independent handles travel from sides/rear toward wider forward positions

Resistance direction: Down/front toward rack base / Back/down toward low paired rack points

Equipment: Anchored lines / construction unconfirmed / Exposed pale elastic tubes with independent handles, visually identified

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:44:32 - 00:44:47 / SET-C154

20260829_060124.mp4 / 01:02:44 - 01:03:08 / SET-C230

20260829_060124.mp4 / 01:03:09 - 01:04:12 / SET-C231

Standing inclined single-arm low-front curl

Position: Standing; knee bend and torso inclination as described / Standing with knees flexed, torso inclined; far shoulder cropped in first phase / Standing with torso inclined, free hand behind back; lower body partly cropped

Anchor: Low front/side rack attachment below hand level / Low / behind and to side / Low / in front at rack base

Hands: One hand curls upward toward chest/face; torso inclines / One handle toward upper torso with elbow flexion and torso lean / One grip toward upper torso with elbow flexion and torso incline

Resistance direction: Down/front toward low attachment / Down/back toward low rear-side point / Down/front toward low rack point

Equipment: Anchored lines / construction unconfirmed / Exposed pale elastic tubes with red handle, visually identified / Exposed pale elastic tubes with one handle, visually identified

20260829_060124.mp4 / 01:13:57 - 01:14:40 / SET-C241

VID_20260724_063347.mp4 / 00:36:19 - 00:36:56 / SET-C181

VID_20260724_063347.mp4 / 00:36:58 - 00:37:34 / SET-C182

20260829_060124.mp4 / 01:14:45 - 01:15:24 / SET-C242

VID_20260724_054350.mp4 / 00:23:46 - 00:23:57 / SET-C274

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:34:48 - 00:35:00 / SET-C093

Standing inclined single-arm front-line draw

Position: Standing inclined; one front-line grip with changing elbow bend; free hand on low back

Anchor: Front rack / below the working hand in the selected view

Hands: Hand draws toward upper torso; line returns upward to front rack

Resistance direction: Toward the front attachment along the visible line; hidden terminal geometry not reconstructed

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:14:00 - 00:14:35 / SET-C205

Curl / elbow-flexion draw

Standing alternating low front curl

Position: Standing; each hand retains one grip

Anchor: Low / in front at paired rack bases

Hands: Alternating elbow flexion brings handle toward shoulder

Resistance direction: Down/front toward low crossed attachments

Equipment: Exposed pale elastic tubes with independent handles, visually identified

20260829_060124.mp4 / 01:07:06 - 01:08:20 / SET-C235

Floor low base unilateral curl

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

Anchor: Low / behind and to side

Hands: One red handle toward torso as elbow flexes; free hand at thigh

Resistance direction: Down/back toward low side point

Equipment: Exposed pale elastic tubes with red handle, visually identified

20260829_060124.mp4 / 01:12:54 - 01:13:17 / SET-C239

Deep squat unilateral low line curl

Position: Deep squat, feet on floor; one active hand

Anchor: Low / behind and to side

Hands: One red handle toward torso with free hand on thigh

Resistance direction: Down/back toward low side point

Equipment: Exposed pale elastic tubes with red handle, visually identified

20260829_060124.mp4 / 01:13:21 - 01:13:42 / SET-C240

Deep squat two hand single handle curl

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

Anchor: Low / in front

Hands: Shared red handle toward torso and back forward/down / Shared handle toward chest and back forward/down

Resistance direction: Down/front toward low rack

Equipment: Exposed pale elastic tubes with red handle, visually identified / Exposed elastic tubes with handle attachment, visually identified

20260829_060124.mp4 / 01:15:43 - 01:16:48 / SET-C243

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:45:20 - 00:46:05 / SET-C328

Curl / elbow-flexion draw

Supported low-front band curl

Position: Standing with knees flexed; free hand supported on stacked plates / Standing with torso inclined; free hand supported on thigh

Anchor: High / in front

Hands: Single hand toward upper torso/face with elbow flexion

Resistance direction: Up/front toward rack

Equipment: Sleeved resistance-band line, visually inferred

20260829_060124.mp4 / 00:24:03 - 00:24:47 / SET-C291
20260829_060124.mp4 / 00:24:57 - 00:25:58 / SET-C292

Overhead elbow-extension sequence

Source-linked posture and attachment variants

Main: Triceps brachii contributes during elbow extension. Torso movement is a separate component.

Secondary: Shoulder muscles control the elevated upper arm; forearm muscles maintain grip.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Day 1 / push and triceps



START / handle behind head **FINISH / handle overhead**

Representative technique plate. Variant geometry below is source-specific; this plate is not an exact depiction of every variation.

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Inclined high-rear alternating elbow extension

Position: Standing low stance, knees bent and torso inclined; independent palm grips beside head

Anchor: High rear paired attachments

Hands: From hands near head toward forward/down extension; torso inclines

Resistance direction: Back/up toward rear attachments

Equipment: Anchored lines / construction unconfirmed

20260911_050715.mp4 / 00:13:40 - 00:15:01 / SET-C011

Overhead elbow-extension sequence

Box-supported kneeling single-arm forward extension

Position: Both knees on floor; opposite forearm supported on bench / Floor-kneeling; opposite forearm on bench

Anchor: Rear incoming line near/above head; terminal point outside view / Behind body; terminal anchor outside view; incoming line near head height / Rear incoming line around head height; terminal point outside view

Hands: One handle from beside head forward/up as elbow extends / Forward and slightly upward from beside head / One red handle from beside head forward as elbow extends

Resistance direction: Back along incoming line / Backward along incoming line

Equipment: Exposed elastic tubes and one handle, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and red handle, visually identified

20260911_050715.mp4 / 00:20:12 - 00:20:40 / SET-C016
20260911_050715.mp4 / 00:21:53 - 00:22:22 / SET-C017
20260911_050715.mp4 / 00:23:09 - 00:23:28 / SET-C020

Floor-kneeling single-arm low-rear overhead extension

Position: Both knees on floor; one active red handle / Both knees on floor; free hand at side / Both knees on floor; one active arm; torso tilts and folds

Anchor: Low / behind

Hands: Single handle from beside head toward forward/overhead / One red handle from beside head toward overhead / One red handle behind head toward overhead/diagonal extension

Resistance direction: Back/down toward low rear attachment / Back/down toward low rear rack

Equipment: Exposed pale elastic tubes and red handle, visually identified / Exposed pale elastic tubes with red handle, visually identified

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:33:38 - 00:33:54 / SET-C090
1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:43:17 - 00:44:25 / SET-C153
20260829_060124.mp4 / 01:17:10 - 01:17:40 / SET-C244
20260829_060124.mp4 / 01:17:41 - 01:18:20 / SET-C245
20260829_060124.mp4 / 01:18:21 - 01:18:38 / SET-C246

Floor kneeling paired overhead extension

Position: Floor-kneeling; paired handle version / Both knees on floor, one hand near head, opposite hand lower / Both knees on floor; support hand or forearm where described / Both knees on floor; torso varies upright to inclined

Anchor: Low rear rack attachment below kneeling shoulder height / Low / behind and to sides / Low rear paired attachments / Low / behind at paired rack bases

Hands: Handles move from behind head forward/up as elbows extend / Paired handles retained; asymmetric overhead hold/short drive / Handles move from behind head forward/up; posture transitions occur / Independent handles near head to forward/overhead with torso fold

Resistance direction: Backward/downward toward low rear attachment / Back/down toward low side rack / Back/down toward low rear attachments

Equipment: Anchored lines / construction unconfirmed / Exposed pale elastic tubes with handles, visually identified / Exposed pale elastic tubes with independent handles, visually identified

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:33:55 - 00:34:18 / SET-C091
ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:34:19 - 00:34:40 / SET-C092
1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:16:57 - 00:17:20 / SET-C122

Overhead elbow-extension sequence / continued

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:17:21 - 00:18:08 / SET-C123
20260829_060124.mp4 / 01:04:20 - 01:05:37 / SET-C232

Standing paired low-rear overhead extension

Position: Standing straddling the bench; one palm-loop grip in each hand above and behind the head

Anchor: Low rear paired rack attachments, below seated shoulder level

Hands: Behind-head to forward/up for extension; alternating forward travel in C166

Resistance direction: Back/down toward low rear rack attachments

Equipment: Anchored elastic-looking paired lines / construction visually inferred

VID_20260724_063347.mp4 / 00:06:26 - 00:07:17 / SET-C165
VID_20260724_063347.mp4 / 00:07:29 - 00:08:06 / SET-C166
VID_20260724_063347.mp4 / 00:08:14 - 00:09:02 / SET-C167

Standing shared-grip high-rear elbow extension

Position: Standing; knee bend and torso inclination as described

Anchor: High rear overhead attachment

Hands: From handles near head toward overhead reach

Resistance direction: Back/up toward overhead attachment

Equipment: Anchored lines / construction unconfirmed

VID_20260724_063347.mp4 / 00:09:49 - 00:10:02 / SET-C168

Standing two hand single handle overhead extension

Position: Standing; two hands on one handle / Standing; two hands share one handle; knee lifts in later phase

Anchor: Low rear rack attachment; same line carried into overhead position / Low / behind

Hands: Both hands share one handle; behind head to overhead / Shared handle from behind head toward overhead

Resistance direction: Back/down toward low rear attachment / Back/down toward low rack

Equipment: Anchored lines / construction unconfirmed / Exposed elastic tubes with handle attachment, visually identified

VID_20260724_063347.mp4 / 00:37:36 - 00:38:03 / SET-C183
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:42:16 - 00:43:11 / SET-C325
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:43:12 - 00:45:00 / SET-C326

Overhead elbow-extension sequence

Floor-kneeling shared-grip low-rear overhead extension

Position: Both knees on floor; both hands share one handle

Anchor: Low / behind

Hands: Shared red handle behind head toward overhead as elbows extend

Resistance direction: Back/down toward low rear rack

Equipment: Exposed pale elastic tubes with red handle, visually identified

20260829_060124.mp4 / 01:18:39 - 01:19:38 / SET-C247

Standing single-arm high-rear elbow extension

Position: Standing with feet on floor; torso inclined; one active overhead handle / Standing with torso lean and turning stance; free arm at side

Anchor: High / behind and to side / High / behind

Hands: One hand drives from beside head toward overhead; free hand behind torso / One hand from beside head toward overhead

Resistance direction: Back/up toward rear-side rack / Back/up toward rack

Equipment: Sleeved resistance-band line, visually inferred / Sleeved anchored line with single handle; elastic construction inferred

VID_20260724_054350.mp4 / 00:21:28 - 00:22:22 / SET-C269

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:40:45 - 00:41:47 / SET-C324

High-front bent-arm draw

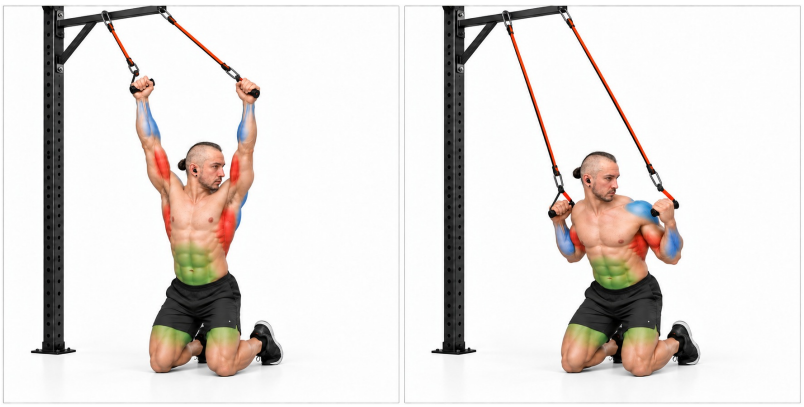
Source-linked posture and attachment variants

Main: Elbow flexors contribute as the elbows bend; latissimus dorsi contributes as upper arms draw down toward the trunk.

Secondary: Scapular and shoulder muscles guide the arm path; forearm muscles maintain grip.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Day 3 / pull



START / arms reaching up | FINISH / handles near shoulders

Representative technique plate. Variant geometry below is source-specific; this plate is not an exact depiction of every variation.

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Wide-stance paired high-front downward draw

Position: Standing wide base with knees bent and torso inclined; one independent grip in each hand / Seated on bench; torso inclination varies / Standing; knee bend and torso inclination as described / Both knees on floor; support hand or forearm where described

Anchor: High front attachment / High front overhead attachment

Hands: Handles draw or extend down toward thighs; posture differs by phase / Handles travel downward from upper-chest area toward hips / Handles travel down/front with torso incline

Resistance direction: Up/front toward attachment

Equipment: Anchored lines / construction unconfirmed

20260911_050715.mp4 / 00:15:24 - 00:16:29 / SET-C012

20260911_050715.mp4 / 00:17:47 - 00:18:32 / SET-C013

20260911_050715.mp4 / 00:18:34 - 00:19:35 / SET-C014

20260911_050715.mp4 / 00:19:41 - 00:20:02 / SET-C015

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:48:08 - 00:48:48 / SET-C104

VID_20260724_063347.mp4 / 00:12:51 - 00:13:44 / SET-C171

High-front bent-arm draw

Floor kneeling high front draw

Position: Both knees on floor; torso folds forward / Floor-kneeling behind box; lower contacts partly hidden / Both knees on floor; feet folded behind, not a deep squat

Anchor: High / in front / High front/overhead attachment

Hands: Paired grips toward front/down as torso folds; overhead return / Handle drawn toward face/chest from forward reach / Paired grips near head/chest, torso folds forward

Resistance direction: Up/front toward rack / Up/front toward attachment / Up/front toward overhead rack

Equipment: Exposed elastic tubes with paired grip attachment, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and paired grip attachment, visually identified

20260911_050715.mp4 / 00:52:38 - 00:53:02 / SET-C050

20260911_050715.mp4 / 00:53:42 - 00:54:21 / SET-C051

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:28:50 - 00:29:54 / SET-C085

VID_20260725_070834.mp4 / 00:10:56 - 00:11:08 / SET-C198

Standing shared-grip high-front draw

Position: Standing; shared padded grip on a single high-front line

Anchor: Front/side of body; above hand level; terminal outside view / High / in front

Hands: Two-hand handle draw toward lower chest/hips; knees bend in low variant / Two hand grips down toward chest/thighs and overhead return / Two grips near upper torso; brief short draw after turning / Paired grips toward waist/front and overhead return / Paired handles overhead toward head/chest

Resistance direction: Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Equipment: Anchored lines / construction unconfirmed / Exposed elastic tubes and paired grip attachment, visually identified / Exposed elastic tubes with paired grip attachment, visually identified / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

VID_20260725_082538.mp4 / 00:08:11 - 00:08:30 / SET-C052

VID_20260725_082538.mp4 / 00:08:37 - 00:08:47 / SET-C053

VID_20260725_082538.mp4 / 00:08:48 - 00:09:42 / SET-C054

VID_20260725_070834.mp4 / 00:10:33 - 00:10:55 / SET-C197

VID_20260725_070834.mp4 / 00:11:12 - 00:11:59 / SET-C199

VID_20260725_070834.mp4 / 00:12:07 - 00:12:14 / SET-C200

20260829_060124.mp4 / 01:31:11 - 01:31:32 / SET-C259

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:30:08 - 00:30:21 / SET-C314

High-front bent-arm draw

High-front shared draw with rising and lowering base

Position: Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor: High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment

Hands: Handle draws toward chest during squat and rise / Two hands draw toward chest/down as knees bend / Two-hand downward draw with torso bow / Two-hand downward draw toward chest/thighs with torso and knee motion / Two hands draw handle down/front toward chest or thighs as knees bend / Paired grips draw toward front/chest while knees remain deeply flexed / Paired grips down/front toward waist as knees bend

Resistance direction: Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Equipment: Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:47:14 - 00:48:06 / SET-C103
1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:04:28 - 00:05:47 / SET-C108
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:08:47 - 00:09:15 / SET-C156
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:09:23 - 00:09:35 / SET-C157
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:09:38 - 00:09:56 / SET-C158
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:12:27 - 00:13:23 / SET-C161
VID_20260724_063347.mp4 / 00:26:36 - 00:27:14 / SET-C176
VID_20260724_063347.mp4 / 00:27:15 - 00:27:36 / SET-C177
VID_20260724_063347.mp4 / 00:27:41 - 00:28:23 / SET-C178
VID_20260724_063347.mp4 / 00:28:38 - 00:29:02 / SET-C179
20260829_060124.mp4 / 01:32:07 - 01:32:31 / SET-C262
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:37:14 - 00:38:30 / SET-C321

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

Position: Deep squat with both feet on floor; shared grip changes to single grip

Anchor: High front/overhead attachment; terminal outside upper crop

Hands: Loaded hand draws toward chest as knees flex; grip varies

Resistance direction: Up/front along loaded line

Equipment: Anchored lines / construction unconfirmed

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:06:07 - 00:07:20 / SET-C109
1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:07:21 - 00:07:54 / SET-C110

High-front bent-arm draw

Standing-to-squat shared high-front draw

Position: Backward lean with knees softly bent and heels at floor; paired hands near upper chest; toes lifted at midpoint

Anchor: High front attachment

Hands: Two-hand downward draw toward chest/thighs with torso and knee motion

Resistance direction: Up/front toward attachment

Equipment: Anchored lines / construction unconfirmed

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:13:25 - 00:14:18 / SET-C162

Floor kneeling paired high front draw

Position: Both knees on floor; torso bows / Both knees on floor

Anchor: High / in front

Hands: Independent handles return overhead then draw toward head/chest / Independent handles from overhead toward head/shoulders

Resistance direction: Up/front toward paired rack points / Up/front toward rack

Equipment: Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

VID_20260725_070834.mp4 / 00:05:51 - 00:06:31 / SET-C190

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:16:28 - 00:17:20 / SET-C304

Single-leg balance with high-front grip

Position: Standing on one foot with other knee/leg raised; one active hand

Anchor: High / in front and to side

Hands: One grip near chest/head with overhead return and leg lift

Resistance direction: Up/front toward overhead rack

Equipment: Anchored line; elastic construction visually inferred

20260829_060124.mp4 / 01:28:48 - 01:29:12 / SET-C254

Sandbag-kneeling single-arm high-front draw

Position: Both knees supported on cylindrical sandbag; free arm at side / Both knees supported on cylindrical sandbag; feet behind

Anchor: High / in front

Hands: One handle toward head/chest with torso inclination / One handle toward upper torso with torso bow

Resistance direction: Up/front toward overhead rack / Up/front toward rack

Equipment: Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

20260829_060124.mp4 / 01:29:43 - 01:29:58 / SET-C257

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:35:08 - 00:36:31 / SET-C320

High-front bent-arm draw

Sandbag-kneeling high-front draw and torso fold

Position: Both knees supported on a low cylindrical sandbag; feet behind

Anchor: High / in front

Hands: Paired grips toward chest/thighs with torso bow / Both hands share one handle; overhead toward chest with torso fold / Paired handles toward chest/thighs with torso fold

Resistance direction: Up/front toward rack

Equipment: Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred / Exposed elastic tubes with handle attachment, visually identified

20260829_060124.mp4 / 01:29:59 - 01:31:07 / SET-C258

20260829_060124.mp4 / 00:26:24 - 00:27:03 / SET-C293

20260829_060124.mp4 / 00:27:26 - 00:28:18 / SET-C295

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:31:52 - 00:32:10 / SET-C316

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:32:11 - 00:32:14 / SET-C317

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:32:15 - 00:33:20 / SET-C318

Low-squat high-front draw with lateral weight shift

Position: Low squat; both knees bent; lateral shift between planted feet

Anchor: High / in front and to side

Hands: Two grips draw toward front/chest while base shifts laterally

Resistance direction: Up/front-side toward overhead rack

Equipment: Anchored line; elastic construction visually inferred

20260829_060124.mp4 / 01:31:33 - 01:31:54 / SET-C260

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

Position: Standing; one active handle

Anchor: High / in front

Hands: One hand draws toward upper torso/face and returns upward

Resistance direction: Up/front toward rack

Equipment: Exposed elastic tubes and handle, visually identified

VID_20260724_054350.mp4 / 00:18:29 - 00:19:08 / SET-C263

High-front bent-arm draw

Box seated two hand high front draw

Position: Hips on padded box edge; feet on floor; torso folds forward

Anchor: High / in front

Hands: Both hands share one handle; downward toward chest with torso fold

Resistance direction: Up/front toward rack

Equipment: Exposed elastic tubes and handle, visually identified

VID_20260724_054350.mp4 / 00:19:19 - 00:19:44 / SET-C264
VID_20260724_054350.mp4 / 00:19:45 - 00:20:20 / SET-C265

Sandbag-supported kneeling high-front draw

Position: Kneeling around/on cylindrical sandbag; front knee contact partly obscured

Anchor: High / in front

Hands: Paired handles overhead then toward head/chest as torso folds

Resistance direction: Up/front toward rack

Equipment: Exposed elastic tubes with handle attachment, visually identified

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:33:23 - 00:34:46 / SET-C319

Wide-arm sweep / inclined drive

Source-linked posture and attachment variants

Main: 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: Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Day 1 or Day 3 according to the actual arm phase

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Upper-back braced line control with free arms

Position: Standing feet widen; webbing crosses upper back; arms open and lower with torso inclination

Anchor: High / behind at overhead rack

Hands: Arms open laterally and lower; upper-back webbing retains the loaded connection

Resistance direction: Back/up toward overhead rear rack

Equipment: Upper-back webbing and anchored line; elastic portion not clearly exposed

VID_20260725_082538.mp4 / 00:11:00 - 00:11:39 / SET-C057

Floor-kneeling paired high-front arm sweep

Position: Both knees on floor beside the bench end; independent high-front palm grips

Anchor: High overhead on paired rack attachments

Hands: Wide lateral arm sweep followed by forward/down travel

Resistance direction: Upward toward the overhead attachments

Equipment: Anchored lines / construction unconfirmed

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:18:14 - 00:19:11 / SET-C072

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:19:28 - 00:20:32 / SET-C073

Wide-arm sweep / inclined drive

Standing paired high-front arm sweep

Position: Standing; both feet on floor

Anchor: High overhead paired rack attachments

Hands: Arm reaches outward/up then returns lower

Resistance direction: Upward along tensioned line

Equipment: Anchored lines / construction unconfirmed

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:21:34 - 00:22:01 / SET-C075

Floor-kneeling alternating low-side arm opening

Position: Both knees on floor; support hand or forearm where described / Both knees on floor, wide knee base

Anchor: Low rear paired attachments / High / in front at paired rack points

Hands: Wide handles sweep forward/up with torso incline / Paired handles sweep laterally/forward with torso movement

Resistance direction: Back/down toward attachments / Up/front toward paired rack points

Equipment: Anchored lines / construction unconfirmed / Exposed elastic tubes with paired grips, visually identified

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:18:45 - 00:19:26 / SET-C125

VID_20260725_070834.mp4 / 00:12:15 - 00:12:47 / SET-C201

VID_20260725_070834.mp4 / 00:12:48 - 00:12:50 / SET-C202

Standing inclined paired high-rear arm sweep

Position: Standing inclined, narrow-to-staggered base

Anchor: Paired high rear/side rack attachments

Hands: Wide arms travel forward/up and return beside torso

Resistance direction: Back/up toward rack attachments

Equipment: Anchored lines / construction unconfirmed

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:14:59 - 00:16:21 / SET-C163

Wide-arm sweep / inclined drive

Paired high-line arm opening with knee lift

Position: Standing with both hands together overhead / Standing, feet on floor, torso inclined; both hands share one handle

Anchor: High / behind and to side / High / behind

Hands: Shared overhead grip with torso lean / Shared handle from beside/behind head to overhead as torso inclines

Resistance direction: Back/up toward rear-side rack / Back/up toward rear rack

Equipment: Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:01:03 - 00:01:28 / SET-C184

20260829_060124.mp4 / 00:22:31 - 00:23:54 / SET-C290

Standing high front wide arm sweep

Position: Standing with knee bend; base lowers in later phase

Anchor: High / in front at paired rack points

Hands: Independent handles sweep between lower/side and overhead positions

Resistance direction: Up/front toward paired rack points

Equipment: Exposed elastic tubes with independent handles, visually identified

VID_20260725_070834.mp4 / 00:02:56 - 00:03:34 / SET-C186

VID_20260725_070834.mp4 / 00:03:35 - 00:04:33 / SET-C187

Standing inclined high rear wide arm drive

Position: Standing, knees flexed and torso deeply inclined

Anchor: High / behind

Hands: Independent handles at sides sweep/drive as torso folds

Resistance direction: Back/up toward paired rack points

Equipment: Exposed elastic tubes with independent handles, visually identified

VID_20260725_070834.mp4 / 00:04:34 - 00:05:35 / SET-C188

Wide-arm sweep / inclined drive

Paired palm-grip opening with upper-back padded bridge

Position: Standing with wide arms; attachment/webbing crosses upper back / Standing; wide upper-back attachment

Anchor: Side incoming line around upper-torso level; terminal partly obscured / High / behind

Hands: Upper arms open laterally while upper-back attachment is held across shoulders / Arms open while attachment bears across upper back

Resistance direction: Toward side/rear attachment along incoming line / Up/back toward rack

Equipment: Anchored upper-back webbing / sleeved line; elastic construction inferred / Sleeved anchored line with webbing upper-back attachment; elastic construction inferred

VID_20260724_054350.mp4 / 00:20:21 - 00:20:37 / SET-C266

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:38:40 - 00:39:07 / SET-C322

Overhead arm drive with torso movement

Source-linked posture and attachment variants

Main: Shoulder and upper-arm muscles contribute to the recorded drive; the sequence combines arm movement and torso inclination.

Secondary: Triceps contributes when the elbows extend; scapular and forearm muscles control the arms and grips.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Push / overhead technique option; compound motion

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Box-kneeling high-rear arm drive

Position: Both knees and lower legs on padded bench; torso inclined; paired handles move forward/down

Anchor: High rear paired attachments

Hands: From hands near head toward forward/down extension; torso inclines

Resistance direction: Back/up toward rear attachments

Equipment: Exposed pale elastic tubes with black webbing handle extensions, visually identified

20260911_050715.mp4 / 00:12:35 - 00:13:31 / SET-C010

Box-kneeling shared overhead grip and torso fold

Position: Both knees on padded box; torso varies between upright and inclined / Both knees supported on padded box / Both knees on padded box; torso inclines / Both knees on padded box

Anchor: High rear paired attachments / High rear overhead attachment / High / behind

Hands: Hands extend forward from beside head as elbows straighten; torso inclines / Handles near head then forward/up with torso fold / Paired grips near head to forward/overhead with torso fold / Handles near head and overhead; torso fold coupled to arm movement

Resistance direction: Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Equipment: Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

20260911_050715.mp4 / 00:47:46 - 00:49:12 / SET-C046

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:26:04 - 00:26:28 / SET-C080

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:26:30 - 00:26:51 / SET-C081

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:26:57 - 00:27:25 / SET-C082

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:27:26 - 00:27:50 / SET-C083

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:27:51 - 00:28:43 / SET-C084

VID_20260724_063347.mp4 / 00:24:54 - 00:25:26 / SET-C174

VID_20260724_063347.mp4 / 00:25:27 - 00:26:23 / SET-C175

Overhead arm drive with torso movement

Box-kneeling single-arm high-line torso fold

Position: Both knees on padded box; torso inclines / Both knees on padded box; free hand behind torso

Anchor: High / behind

Hands: Single handle from near head toward overhead/forward with torso fold / One handle near head then overhead with torso inclination

Resistance direction: Back/up along rear line / Back/up toward rear rack

Equipment: Anchored line; elastic construction visually inferred

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:25:06 - 00:25:19 / SET-C078
ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:25:26 - 00:26:03 / SET-C079
VID_20260725_070834.mp4 / 00:07:12 - 00:08:15 / SET-C192

Box-supported kneeling paired high-rear grip control

Position: One knee supported on the bench; other foot on floor; torso inclined with separate retained palm grips

Anchor: High / behind

Hands: Paired hand grips toward front/down below chest

Resistance direction: Back/up toward high rear rack

Equipment: Anchored line; elastic construction visually inferred

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:02:12 - 00:03:15 / SET-C106
1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:03:29 - 00:04:21 / SET-C107

Standing paired high-rear palm-grip control

Position: Standing; each hand holds a separate handle / Standing with knees flexed and torso inclined; opposite hand retains second handle

Anchor: High / in front

Hands: Handles toward upper torso/face, alternating hand heights and short elbow flexion / Alternating handle descent; opposite handle near head

Resistance direction: Up/front toward paired rack points / Up/front toward rack

Equipment: Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

VID_20260725_070834.mp4 / 00:05:36 - 00:05:50 / SET-C189
VID_20260725_070834.mp4 / 00:06:32 - 00:07:04 / SET-C191
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:17:36 - 00:18:15 / SET-C305
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:18:16 - 00:18:25 / SET-C306
0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:18:26 - 00:19:07 / SET-C307

Overhead arm drive with torso movement

Standing inclined single-arm downward drive

Position: Standing with knees bent; working arm moves from shoulder height toward the hip as torso inclines

Anchor: Near head / behind-side body

Hands: Working hand moves overhead and toward head; free hand unconnected

Resistance direction: Toward near head / behind-side body along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:27:19 - 00:27:38 / SET-C219

Floor-kneeling right-arm high-side torso fold

Position: Both knees on floor; right hand on high-side grip, left hand free near head or in front

Anchor: Above kneeling head / behind-side body

Hands: Both hands share overhead handle; arm drive and torso fold combined

Resistance direction: Toward above kneeling head / behind-side body along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:29:36 - 00:30:07 / SET-C224

Single-arm high-side line hold with lowering base

Position: Standing; one hand overhead and other free

Anchor: Near head / behind-side body

Hands: One hand raised overhead then torso inclines

Resistance direction: Toward near head / behind-side body along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:30:12 - 00:30:20 / SET-C225

Floor-kneeling left-arm high-side torso fold

Position: Both knees on floor; left hand on high-side grip, right free hand on low back during fold

Anchor: Above kneeling head / behind-side body

Hands: Working hand overhead to behind head; torso inclines and rotates slightly

Resistance direction: Toward above kneeling head / behind-side body along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:30:21 - 00:30:44 / SET-C226

Band-bar pressdown

Source-linked posture and attachment variants

Main: Triceps brachii contributes during elbow extension as the bar descends.

Secondary: Shoulder and scapular muscles control upper-arm position; forearm muscles grip the bar.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Day 1 / triceps



START / elbows bent **FINISH / bar lowered**

Representative technique plate. Variant geometry below is source-specific; this plate is not an exact depiction of every variation.

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Standing mid side band bar pressdown

Position: Standing, feet close together; torso inclined; both hands on bar

Anchor: Mid-rack paired side points, around standing waist/lower-chest height

Hands: Hands drive bar down toward thighs as elbows extend

Resistance direction: Up/back toward paired side rack points

Equipment: Bar with paired exposed elastic tubes, visually identified

20260829_060124.mp4 / 01:10:32 - 01:10:44 / SET-C236

20260829_060124.mp4 / 01:11:32 - 01:12:05 / SET-C238

Braced torso bow / hinge

Source-linked posture and attachment variants

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

Secondary: Abdominal muscles control trunk position; shoulder and arm muscles maintain the attachment or grip.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Core / hinge technique; select within existing control allocation

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Box-kneeling shoulder-braced line control

Position: Both knees on padded box; torso varies between upright and inclined

Anchor: High rear attachment; handle braced near shoulder/chest

Hands: Handle remains braced; torso folds and returns

Resistance direction: Back/up against braced shoulder/chest contact

Equipment: Anchored lines / construction unconfirmed

20260911_050715.mp4 / 00:49:20 - 00:51:05 / SET-C047

20260911_050715.mp4 / 00:51:28 - 00:52:04 / SET-C049

Standing high rear upper back braced torso bow

Position: Standing feet close; hands beside head support upper-back webbing; repeated torso bow

Anchor: High / behind at overhead rack

Hands: Hands maintain webbing beside head while torso folds forward

Resistance direction: Back/up toward overhead rear rack

Equipment: Upper-back webbing and anchored line; elastic portion not clearly exposed

VID_20260725_082538.mp4 / 00:09:52 - 00:10:57 / SET-C056

Braced torso bow / hinge

Low back bar torso bow

Position: Standing hip hinge; padded bar behind low back / Standing wide base, knees bent, torso inclined; padded bar held behind low back / Standing narrow base; bar behind lower back / Standing to partial squat; bar across low back/pelvis

Anchor: Low paired side rack attachments, below standing hips / Low paired side/rear rack attachments / Paired side rack attachments near standing waist height / Mid-rack paired side points, around standing waist/lower-chest height

Hands: Bar held behind low back; torso hinges / Bar braced behind low back; knees bend and hips hinge / Bar braced behind lower back; torso bows; no hand repetition established / Hands retain bar ends behind hips; pelvis lowers/back as knees bend

Resistance direction: Toward side rack attachments / Toward paired side/rear attachments / Laterally toward both rack attachments; resultant changes with bow / Toward paired side rack points

Equipment: Padded bar with paired anchored lines / construction unconfirmed / Padded bar with paired exposed elastic tubes

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:11:55 - 00:13:00 / SET-C064

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:13:13 - 00:14:14 / SET-C065

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:10:44 - 00:11:36 / SET-C115

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:11:37 - 00:11:47 / SET-C116

20260829_060124.mp4 / 01:00:41 - 01:01:54 / SET-C229

Floor-kneeling shoulder-bar posture control

Position: Both knees on floor; bar across upper back; hands on bar ends

Anchor: Low / beside and behind body

Hands: Hands retain bar; torso bows with shoulder-braced bar

Resistance direction: Down/back toward paired rack attachments

Equipment: Shoulder-braced bar with paired elastic-looking lines

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:14:26 - 00:14:46 / SET-C066

Standing high-line torso fold with grip variations

Position: Standing inclined near camera; forearms close to chest / Standing wide base; hand configuration varies / Standing; knee bend and torso inclination as described

Anchor: High / behind / High rear overhead attachment

Hands: Hands remain near chest as torso bows; grip contribution partly obscured / One arm remains overhead while torso and foot position change / Handles near head/chest; torso lean and arm drive vary

Resistance direction: Back/up along upper incoming line / Back/up along high rear line / Back/up toward overhead attachment

Equipment: Anchored line; elastic construction visually inferred / Anchored lines / construction unconfirmed

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:08:33 - 00:09:38 / SET-C112

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:11:24 - 00:12:22 / SET-C160

VID_20260724_063347.mp4 / 00:11:10 - 00:12:26 / SET-C170

VID_20260724_063347.mp4 / 00:23:50 - 00:24:44 / SET-C173

Braced torso bow / hinge

Shoulder-braced paired side-line squat

Position: Standing narrow base; shoulders inclined

Anchor: Paired lateral rack attachments near standing waist height

Hands: Bar/handles braced behind shoulders while torso inclines

Resistance direction: Laterally toward rack attachments

Equipment: Padded bar with paired anchored lines / construction unconfirmed

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:11:48 - 00:12:40 / SET-C117

Floor-kneeling high-line torso fold

Position: Both knees on floor; support hand or forearm where described / Floor-kneeling; both knees down

Anchor: High overhead attachment; front/rear relation changes with body turn / High rear overhead attachment

Hands: Hands overhead while torso bows; separate elbow travel unresolved / Handles held near head while trunk folds and rises; elbow contribution unresolved

Resistance direction: Upward along overhead line / Back/up toward overhead attachment

Equipment: Anchored lines / construction unconfirmed

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:10:18 - 00:11:22 / SET-C159

VID_20260724_063347.mp4 / 00:10:03 - 00:11:09 / SET-C169

Front waist bar torso bow

Position: Standing wide feet, torso bows; padded bar in front of waist

Anchor: Mid-rack paired side points, around standing waist/lower-chest height

Hands: Bar braced in front of waist; torso folds while hands are free

Resistance direction: Back and slightly upward toward side rack points

Equipment: Padded bar with paired exposed elastic tubes

20260829_060124.mp4 / 00:59:15 - 01:00:28 / SET-C228

Upper back braced torso bow

Position: Standing wide stance, knees flexed; upper back braced

Anchor: High / behind

Hands: Attachment across upper back; torso bows forward and returns

Resistance direction: Up/back toward rack

Equipment: Sleeved anchored line with webbing upper-back attachment; elastic construction inferred

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:39:12 - 00:40:05 / SET-C323

Shoulder-bar squat and torso bow

Source-linked posture and attachment variants

Main: Quadriceps and hip extensors contribute to knee/hip extension; trunk muscles control the bow.

Secondary: Shoulder and arm muscles stabilize the shoulder-level bar.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Lower-body / core variation



START / standing **FINISH / partial squat**

Representative technique plate. Variant geometry below is source-specific; this plate is not an exact depiction of every variation.

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Standing shoulder bar squat bow

Position: Standing with shoulder-braced bar; knees flex and torso bows

Anchor: Low / beside and behind body

Hands: Hands retain bar; knee bend and torso bow move bar

Resistance direction: Down/back toward paired rack attachments

Equipment: Shoulder-braced bar with paired elastic-looking lines

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:14:47 - 00:14:58 / SET-C067

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:15:03 - 00:15:39 / SET-C068

Supported rearward arm movement

Source-linked posture and attachment variants

Main: Posterior shoulder and shoulder-extensor muscles contribute when the upper arm moves backward.

Secondary: Scapular muscles control shoulder-blade movement; elbow and forearm muscles maintain the handle position.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Day 3 / pull

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Low-rear rope-grip retention with stance control

Position: Standing; knee bend and torso inclination as described

Anchor: Low rear attachment; elbow partly cropped

Hands: Hand travels rearward beside thigh; elbow contribution partly obscured

Resistance direction: Backward/down toward rear attachment

Equipment: Anchored lines / construction unconfirmed

20260911_050715.mp4 / 00:23:44 - 00:24:33 / SET-C021

20260911_050715.mp4 / 00:24:57 - 00:25:41 / SET-C022

Wide-stance paired low-front draw and squat

Position: Standing; knee bend and torso inclination as described / Standing wide base, knees flexed and torso inclined

Anchor: Low front paired attachments / Low / in front at paired rack bases

Hands: Both handles draw inward/up toward chest while torso stays inclined / Independent handles toward torso; crossed incoming lines

Resistance direction: Down/front toward low attachments / Down/front toward opposite low rack points

Equipment: Anchored lines / construction unconfirmed / Exposed pale elastic tubes with independent handles, visually identified

20260829_060124.mp4 / 01:06:17 - 01:06:51 / SET-C234

Supported rearward arm movement

Paired low-rear line control with torso inclination

Position: Standing feet close, torso inclined away from low rear points; independent handles beside/behind hips / Standing; knee bend and torso inclination as described

Anchor: Low rear/side attachments; elastic segments return to floor-level rack area / Low rear paired attachments

Hands: Hands drive rearward beside hips while knees bend / Short hand travel rearward beside trunk; elbow contribution unresolved

Resistance direction: Toward rear/side attachments / Back/down toward attachments

Equipment: Exposed pale elastic tubes with independent handles, visually identified / Anchored lines / construction unconfirmed

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:15:36 - 00:16:54 / SET-C121

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:18:10 - 00:18:44 / SET-C124

Standing single-arm rearward drive with torso incline

Position: Standing; knees flexed; free arm hanging or braced

Anchor: Near head / side-rear; fixed rack attachment

Hands: Working hand overhead/lateral; elbow and shoulder action combined

Resistance direction: Toward near head / side-rear; fixed rack attachment along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:26:54 - 00:27:18 / SET-C218

Loaded-line hold / balance sequence

Source-linked posture and attachment variants

Main: Shoulder and arm muscles maintain the visible handle position; no isolated prime mover is assigned to the hold.

Secondary: Forearm muscles maintain grip; scapular muscles control the shoulder position.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Control / balance observation; no automatic added volume

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Kneeling handle hold free reach

Position: Floor-kneeling; opposite forearm on bench

Anchor: Behind body; terminal anchor outside view; line near hip height

Hands: Free hand reaches forward; loaded handle held near hip

Resistance direction: Backward along held handle line

Equipment: Anchored lines / construction unconfirmed

20260911_050715.mp4 / 00:22:31 - 00:22:55 / SET-C018

Standing single handle band sweep reposition

Position: Standing and turning; feet on floor

Anchor: Near head / side-rear; fixed rack attachment

Hands: Single hand moves from lateral to overhead while turning

Resistance direction: Toward near head / side-rear; fixed rack attachment along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:26:31 - 00:26:53 / SET-C217

Low-base single-arm high-side line control

Position: Low base behind foreground bench; lower-body support partly occluded; one forward high-side grip

Anchor: High relative to squat / side

Hands: Working hand lateral to chest/head while body lowers

Resistance direction: Toward high relative to squat / side along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:27:39 - 00:28:34 / SET-C220

Loaded-line hold / balance sequence

Standing low line hold

Position: Standing; handles near hips

Anchor: Low / behind and to sides

Hands: Paired low handle hold with short drive

Resistance direction: Down/back toward low paired points

Equipment: Exposed pale elastic tubes with independent handles, visually identified

20260829_060124.mp4 / 01:05:44 - 01:06:15 / SET-C233

Side-line bent-arm draw

Source-linked posture and attachment variants

Main: Elbow flexors contribute during bending; shoulder muscles contribute to the upper-arm draw.

Secondary: Scapular and forearm muscles guide the arm and hold the grip.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Day 3 / pull

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Floor-kneeling paired side-line bar draw

Position: Both knees on floor; wide knee base; both hands on bar

Anchor: Mid-rack paired side points, above hands and near/above kneeling head height

Hands: Bar near face/chest then down as torso folds and elbows extend

Resistance direction: Up/back toward paired side rack points

Equipment: Bar with paired exposed elastic tubes, visually identified

20260829_060124.mp4 / 01:10:45 - 01:11:29 / SET-C237

Single-arm side-line chest and shoulder control

Position: Standing staggered low base; one side-rear grip beside shoulder; free-arm position changes

Anchor: Side incoming line near waist/hand level; terminal attachment outside right view

Hands: One hand draws across/down beside torso with knee bend / One arm draws across/behind side of torso

Resistance direction: Toward off-camera side along incoming line

Equipment: Exposed paired tubes into single handle; terminal anchor cropped

20260829_060124.mp4 / 01:25:40 - 01:26:12 / SET-C250

20260829_060124.mp4 / 01:26:33 - 01:27:00 / SET-C251

Shared-handle downward draw

Source-linked posture and attachment variants

Main: Shoulder and elbow muscles contribute to the downward draw. Triceps contributes where the elbows extend; elbow flexors contribute where they bend.

Secondary: Scapular and forearm muscles guide the arms and shared handle.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Select push or pull slot from the observed elbow phase

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Standing shared-grip downward draw

Position: Standing with slight torso inclination

Anchor: Near head / front-side body

Hands: Both hands on one handle move from head/chest toward thighs

Resistance direction: Toward near head / front-side body along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:28:35 - 00:28:59 / SET-C221

Shared-grip downward draw with lowering base

Position: Body lowers as hands draw down; lower contacts partly occluded by foreground bench

Anchor: High relative to squat / front-side body

Hands: Both hands draw down toward knees as torso folds

Resistance direction: Toward high relative to squat / front-side body along the loaded line

Equipment: Sleeved resistance-band line, visually inferred

VID_20260725_070834.mp4 / 00:29:00 - 00:29:19 / SET-C222

Head-harness torso bow

Source-linked posture and attachment variants

Main: Neck and trunk muscles control the visible harness-loaded position; the footage does not establish a measured cervical load.

Secondary: Hip and leg muscles support the standing base.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Recorded specialist variant; excluded from default five-day prescription

Anatomical interpretation of visible joint actions; not measured activation. Compound phases retain compound descriptions.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Standing head harness torso bow

Position: Standing inclined; head harness bears loaded line

Anchor: High / behind

Hands: Hands free/near torso; head and torso bow together

Resistance direction: Up/back through harness

Equipment: Anchored line and visible head harness; construction inferred

1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 / 00:32:01 - 00:32:54 / SET-C142

Forearm rotation and grip control

Source-linked posture and attachment variants

Main: Forearm muscles control rotation and the grip.

Secondary: Upper-arm and shoulder muscles steady the working arm.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Forearms / grip

Observed handle/forearm rotation in SET-C086; activation is not measured.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Low-rear palm-grip contact control

Position: Standing near bench; one low-rear palm grip beside hip, forearm and palm orientation changes; body partly outside frame

Anchor: Low rear paired rack attachments below the hips

Hands: Handles drive rearward beside hips; shoulder/elbow contribution unresolved

Resistance direction: Back/down toward rear attachments

Equipment: Anchored lines / construction unconfirmed

VID_20260724_063347.mp4 / 00:05:23 - 00:06:24 / SET-C164

Standing low-side forearm and grip rotation

Position: Standing, working arm lowered beside the body; elbow angle stays nearly steady

Anchor: Low side attachment beside rig base

Hands: The red handle rotates in the working hand while the forearm turns; no full curl established in this passage

Resistance direction: Down/side toward attachment

Equipment: Anchored lines / construction unconfirmed / Exposed pale elastic tubes with one red handle, visually identified

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:31:20 - 00:31:26 / SET-C086

Low-front arm raise with torso hinge

Source-linked posture and attachment variants

Main: Front deltoids guide the arm raise; hip extensors help bring the torso toward upright.

Secondary: Triceps controls the extended elbows; forearm muscles maintain the shared grip.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Shoulders / full-body control

Kinematic interpretation of SET-C327, not measured activation.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

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

Position: Standing, knees flexed and torso inclined

Anchor: Low / in front

Hands: Shared grip moves forward/up as the torso rises; elbows remain relatively extended

Resistance direction: Down/front toward low rack

Equipment: Exposed elastic tubes with handle attachment, visually identified

0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 / 00:45:04 - 00:45:19 / SET-C327

Low-line elbow extension

Source-linked posture and attachment variants

Main: Triceps brachii straightens the working elbow.

Secondary: Posterior deltoid steadies the upper arm; forearm muscles control the grip.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: Triceps / upper-arm control

Kinematic interpretation of SET-C275: elbow straightens while upper arm remains beside torso; not measured activation.

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Standing inclined single-arm low-rear elbow extension

Position: Standing inclined; left working hand on rope grip; right free hand on low back

Anchor: Low rear rack attachment below seated hips

Hands: One handle travels rearward beside hip and returns

Resistance direction: Rearward toward low attachment

Equipment: Anchored lines / construction unconfirmed

ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 / 00:32:24 - 00:33:09 / SET-C088

Standing inclined low-front triceps extension

Position: Standing inclined, free hand behind back; knees partly cropped

Anchor: Low / in front at rack base

Hands: One handle retained beside hip during short arm/torso draw

Resistance direction: Down/front toward low rack point

Equipment: Exposed pale elastic tubes with one handle, visually identified

VID_20260724_054350.mp4 / 00:24:00 - 00:24:11 / SET-C275

Core and sides / anti-rotation reach

Source-linked posture and attachment variants

Main: Abdominal wall and obliques resist rotation.

Secondary: Shoulder and forearm muscles control the reach and grip.

Base / support: trunk and hip stabilization with the source-specific floor, bench, box or sandbag contacts listed below.

Plan placement: 2

Source windows are reviewed movement phases. Multiple phases can occur within one set; exact repetition and set totals are not established by this index.

Shared-grip side-line anti-rotation reach

Position: Standing feet close; two hands share one side-line grip, from chest toward forward reach

Anchor: Side incoming line below hand level; terminal outside right view

Hands: Shared handle held/drawn across front at chest level

Resistance direction: Down/side along incoming line

Equipment: Exposed paired elastic tubes into shared handle

20260829_060124.mp4 / 01:27:12 - 01:27:55 / SET-C252