PROJECT 100 Master Analysis Reference

Nutrition Kinetics and Media Findings

18 October 2026

A reusable evidence reference for the next Encyclopedia and Guidebook editions. The main analysis explains nutrition assumptions, resistance systems, movement interpretation and publication corrections. Detailed registers retain the observations and their uncertainty.

Scope at a glance: 14 salad models, nine meal stories, 17 movement families, 80 grouped recording setups and 173 source passages. The supporting data package preserves the 740-file inventory and review status. Source passages are not verified exercise sets; modeled portions are not measured consumption.

Use the master for depth, the Encyclopedia Update for chapter integration and the Guidebook Update for a concise daily companion. Search the text or use the linked contents. Editable Markdown and structured data support reuse without copying illustrations or exercise prescriptions.

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Purpose and scope

This reference consolidates the existing PROJECT 100 nutrition, Kinetics, training-media and publication records into a reusable text source. It is written for the owner, editor and trainer preparing future Encyclopedia and Guidebook editions. It records what the project currently contains, how the analysis was performed, what the evidence supports and what remains unresolved.

The principal finding is that the project now has a richer documented meal and movement library, but source observations, modeled nutrition, planned training and measured outcomes must stay separate. The current training collection has 31 canonical technique entries and 80 grouped recording setups. The 173 recording windows are observed passages, not verified working sets. The nutrition update includes 14 modeled salad records and nine meal stories, whose confidence and serving basis differ.

This is a text-only reference and editorial integration package. It deliberately omits illustrations, prescribed exercise sequences, set counts, repetition targets and assigned resistance. The existing interactive training guides remain the place for session cards. This compilation does not reopen the frozen video screening scope or claim that every recording has been reviewed continuously.

Compiled from the current website sources and saved analysis archive on 18 October 2026. Website baseline commit 9c941a28b966c49713a47f949d12977132bef4cc. Historical publications are retained as dated sources; an older statement does not override a later correction. Source identifiers in square brackets refer to the source register.

Evidence classes and editorial rules

Class Observed · Meaning A visible feature in a named image or recording passage · Permitted use Describe the visible position, attachment or food appearance within that source

Class Owner confirmed · Meaning A configuration or ingredient explicitly confirmed by the owner · Permitted use State the confirmation and retain its scope; it does not verify force or consumption

Class Caption reported · Meaning A nutrition or preparation statement transcribed from a post · Permitted use Keep the caption attribution and serving basis

Class Modeled · Meaning A calculation using disclosed portion and composition assumptions · Permitted use Publish ranges and assumptions, not measured intake

Class Inferred · Meaning Anatomical or preparation interpretation from the visible action · Permitted use Use qualified wording; do not present as instrument measurement

Class Planned · Meaning A future session allocation, target or review · Permitted use Keep separate from completed work or an outcome

Class Unresolved · Meaning A missing label, obscured contact or incomplete review · Permitted use Retain the gap; do not fill it with a plausible guess

Class Superseded · Meaning A dated value replaced or limited by later evidence · Permitted use Archive with its correction; exclude from current summaries

Confidence belongs to an individual claim. A clear knee contact may coexist with an unreadable band label and an uncertain muscle emphasis in the same passage. A document-wide confidence score would conceal those differences. The three muscle roles are qualitative anatomical interpretations, not activation percentages. [S01 S02 S19]

The master source preserves names, evidence identifiers, time windows and uncertainty. The Encyclopedia develops the explanation and limitations. The Guidebook keeps only the current practical interpretation, recording fields and links back to the fuller account. Neither derivative may silently upgrade a modeled or inferred claim to a measured fact.

How the Encyclopedia and Guidebook should incorporate this material

Topic Nutrition and serving basis · Encyclopedia destination Chapter 5 How I fuel with new meal taxonomy, model assumptions and caption reconciliation · Guidebook destination Chapter 4 Fuel with serving basis and prepared versus consumed notes

Topic Equipment and mechanics · Encyclopedia destination Chapter 6 How I train with system separation, attachment taxonomy and force limits · Guidebook destination Chapter 5 Train with equipment identity, trainer-managed resistance and technique links

Topic Recording evidence · Encyclopedia destination Chapter 6 evidence annex with passage register and review coverage · Guidebook destination A short evidence note and link to the master reference

Topic Liquid recipes · Encyclopedia destination Chapters 7 and 8 with current registry and branch correction · Guidebook destination Chapters 3, 6 and 7 with current day-branch wording

Topic Measurement and uncertainty · Encyclopedia destination Chapters 2, 14 and 19 with reported versus verified data · Guidebook destination Chapters 1 and 13 with dated values and pending measurements

Topic Archive corrections · Encyclopedia destination Dated correction register before retaining older claims · Guidebook destination Short current-rules statement with archive link

The supplied Encyclopedia V3.2 has 75 PDF pages and the Guidebook V3.3 has 31. Their contents use the chapter names mapped above. The web routes encyclopedia.html and encyclopedia-guidebook.html currently redirect to fit-protocol.html; guidebook.html is the active daily schedule. The companion updates in this package therefore add current material to the publication paths without representing the archived PDFs as fully revised new editions. [S12 S13 S14 S15]

Use the same source IDs and stable movement or meal IDs in each publication. A revised title is presentation metadata; it must not create a new source passage. Rebuild derivative guides from the same accepted record after review. Keep an edition date and a change note visible to prevent an old download from appearing current.

Correction and reconciliation register

C01 Publication baseline

Archived or stale statement The older PDF describes a validated dry SMM corridor and a fixed BIA water offset.

Current finding The current reconciled record explicitly excludes unsupported personal biological ceilings and fixed water-offset claims.

Editorial treatment Do not repeat those ranges as measured physiology. Preserve the personal goal and separately dated observations.

Sources [S10 S14 S15]

C02 Benchmark scan date

Archived or stale statement The older Guidebook prints 14 December 2025 for the 88.2 lb benchmark.

Current finding The owner-confirmed benchmark date in current-metrics is 2 December 2025.

Editorial treatment Use the current date while retaining the archived discrepancy in the correction history.

Sources [S10 S15]

C03 Day branch

Archived or stale statement The older Guidebook prints V1 XOR V6 equals one, implying one must be used.

Current finding Current website rule is at most one on a training day; both are inactive on rest days.

Editorial treatment Replace mandatory either-or language; do not invent a compulsory stimulant branch.

Sources [S11 S12 S13 S15]

C04 Nutrition totals

Archived or stale statement Historical 2780 kcal, 252 g protein and 69 g fat appear as ceilings or a completed daily account in older material.

Current finding Current website calls these historical planning figures; whole-day intake verification remains deferred.

Editorial treatment Do not total a few recipes and announce a verified daily intake.

Sources [S06 S07 S10]

C05 Canonical count

Archived or stale statement Saved edition-coverage metadata still reports 25 canonical entries.

Current finding The current exercise array has 31 after six new Pilates-kit adaptations.

Editorial treatment Use 31 for the current snapshot and retain 25 as the pre-expansion count.

Sources [S01]

C06 Video completion

Archived or stale statement Broad screening and compiled guide completion can sound like exhaustive video analysis.

Current finding Inventory contains 740 files; 18 representative long recordings are marked sequentially screened, one partial and 24 pending.

Editorial treatment State the exact review scope; set and repetition counts remain unverified.

Sources [S01 S17 S18]

C07 Resistance levels

Archived or stale statement Historical data fields retain three level assignments.

Current finding The user removed level selectors and editions; the trainer selects resistance.

Editorial treatment Treat older level fields as superseded schema, not current instruction.

Sources [S01 S08]

C08 Salad arithmetic

Archived or stale statement Older photo estimates have uncertain dressing inclusion and may differ from current models.

Current finding Current models use disclosed ingredient ranges and include a whole prepared dressing batch.

Editorial treatment Keep archive estimates separate from current modeled ranges and actual consumption.

Sources [S03 S05 S06]

C09 Same length quick guides

Archived or stale statement The full and quick Pilates downloads both have eight pages.

Current finding Both currently contain the same two day sequences of twelve cards.

Editorial treatment Describe the overlap honestly; do not imply an extra abridged analysis that is not present.

Sources [S16]

C10 Registry completeness

Archived or stale statement There are 18 sequential review statuses, but only 15 detailed recordingCoverage objects.

Current finding The review CSV and detailed coverage notes provide different levels of documentation.

Editorial treatment Retain both; absence of a detailed object is not proof that a recording was never screened.

Sources [S01 S18]

C11 Bundle directory versions

Archived or stale statement The historical gear JSON retains older compositions including Titan 3 by 65 and an older Twin Cobras entry.

Current finding The current Kinetics page publishes Titan 4 by 75, Enforcer two matched 2 by 65 sets, Tricep Specialist 3 by 55, Viper 4 by 45 and Scalpel 4 by 35.

Editorial treatment Keep both dated sources distinct. Use the current published Kinetics directory for its current configuration; do not infer a clip load from either directory.

Sources [S08 S09]

Media inventory and analysis coverage

Measure Inventoried files · Value 740 · Interpretation Includes copies and repeated exports

Measure Readable durations · Value 739 · Interpretation Metadata availability, not proof of full content review

Measure Total readable duration · Value 40.853 hours · Interpretation Includes duplicates; not unique training time

Measure Representative long recordings · Value 43 · Interpretation 44 long files in the initial inventory shared 43 representative screens

Measure Sequential screening completed · Value 18 · Interpretation One-second review; no frame-exact set boundaries

Measure Partial sequential screening · Value 1 · Interpretation Remainder outside the frozen edition

Measure Pending long timelines · Value 24 · Interpretation Overview sampling does not establish complete exercise coverage

Measure Earlier observation windows · Value 53 · Interpretation Five-second sampled sightings retained as historical evidence

Measure Current grouped setups · Value 80 · Interpretation Not 80 newly discovered exercise families

Measure Eligible illustrated training setups · Value 76 · Interpretation Four groups retained as evidence only

Measure Current source passages · Value 173 · Interpretation Phase references, not a set total

Measure Movement families · Value 17 · Interpretation Consolidated interpretation across grouped setups

Measure Canonical technique entries · Value 31 · Interpretation Includes accepted references and kit adaptations

The inventory and early screening report concern the entire media folder as recorded at the time of analysis. The reviewed-recording edition is a narrower, deliberately frozen scope. The current compilation adds no new video review and no new proof of exact repetitions. File counts and readable durations are metadata claims; byte-identical duplicate detection was not performed for every shared screen. [S17 S18 S19 S20]

The first-pass report records 43 long-file overview sheets, 674 representative shorter-file midpoint images, 34 edited resistance clips sampled three times, 387 denser samples from six recordings and 59 five-second sequences, of which 53 were catalogued. These are different review layers and must not be added as independent exercises. Later sequential screening and source corrections supersede an early label where they address the same passage. [S18 S19 S20]

One inventory entry is unreadable because its MP4 index or moov atom is missing: 89630ba91048d0711b0c2903dbce7211_720_1280.mp4. The source was left unchanged. No content-completeness claim is made for it. The original-file integrity check was based on recorded size and modification time, not a cryptographic audit of every video. [S17 S20]

How the Kinetics analysis was structured

The analysis proceeds from media inventory to screening evidence, short observation windows, consolidated movement groups, anatomical interpretation and publication records. Each layer answers a different question. Inventory establishes which files were present. Sampling locates candidate actions. Sequential screening improves coverage within a selected recording. Source geometry checks resolve contacts and hardware when a smaller screen was ambiguous. Consolidation prevents repeated exports or posture changes from becoming invented exercise families.

The current source catalogue retains a stable phase ID, source filename, start and end time, movement family, body position, anchor location, pull direction, hand path, equipment description and classification. A source window describes the passage that supported the interpretation. It does not establish that the passage begins at the first working repetition or ends at the last one. [S02]

Geometry analysis separates the visible attachment from an assumed resistance system. A sleeve or black line alone does not prove elastic tubing. A rigid bar held overhead can support a bodyweight movement.

Webbing with buckles can be suspension equipment. A handle clipped to a cable stack remains cable-loaded even if the grip resembles band hardware. These distinctions drove the exclusion of several superficially similar movements from the band-only edition. [S01 S18]

Support contacts are recorded separately from the limb action: both knees on floor, knees on a padded box, bench straddle, seated box, deep squat, staggered stance or a free hand braced on a support. An occluded knee or hand is left uncertain. A box adaptation is identified as an editorial adaptation when the recorded source actually used a bench. [S01 S02]

Hand topology is a separate field. Two independent handles maintain separate load paths. Two hands on one handle share one grip. A rigid bar joins its two ends mechanically. A rope can change hand orientation without becoming a second independent resistance circuit. Joining two pictured handles into a single impossible band path is a rendering error, not an alternative interpretation.

The source refinement log documents corrections rather than deleting inconvenient evidence. In particular, shared grips were separated from independent grips; a low squat was distinguished from kneeling; a lateral weight shift was not renamed a straight-leg Cossack squat; free-hand gestures and walking resets were retained as evidence rather than prescribed exercises. [S01]

Resistance systems force and movement interpretation

KUZARO long-line bands and the HPYGN short-band Pilates kit are distinct systems. The owner also uses a Tribe Lifting three-piece bar and rotating eyelets, PLYOSOFT padded boxes and several handles, ropes, straps and carabiners. Brand and ownership records identify the equipment; they do not establish that every observed line in every recording is that product. [S08 S09]

High, middle and low describe relative anchor zones rather than measured heights. The resistance direction runs from the working attachment back toward its anchor. The hand movement may travel away from that anchor during the loaded phase. A single upward or downward arrow is insufficient unless its meaning is stated. Source descriptions use relative directions because numerical anchor coordinates and pulling angles were not measured. [S01 S02]

Turning effect depends on the force, its direction and the perpendicular distance from the joint or pivot. Therefore identical nominal bands can create different joint demands when body position or the line of pull changes. The recordings contain no calibrated force measurements or complete three-dimensional joint coordinates, so this compilation reports no personal torque values. General principle reference R02; personal geometry records [S01 S02].

Nominal label totals identify bundles. They are not constant hand force, measured joint load or a hardware working-load limit. Current data do not supply a calibrated force-extension curve, resting and stretched lengths for each repetition, dynamic force trace or anchor load measurement. No numeric tension curve is inferred from the footage.

For parallel elastic lines, the contribution at the hand depends on the actual tensions and their directions. Merely adding labels omits extension, routing, slack and geometry. Two left and right circuits also do not establish the force at one hand by adding both sides. The source values are retained as nominal bundle arithmetic only.

The confirmed Pilates arrangement uses identical band labels and counts on the left and right, with two equal bands per side and four total. The recorded label options are 45, 55 and 65 lb. These are equipment

descriptions, not levels or assigned training loads. The personal trainer handles resistance, range and progression. Old level-specific fields are not carried into this reference as prescriptions. [S01 S08]

Both full-body programme days are Pilates-kit-only in the current publication. Six newer kit adaptations expand technique variety without creating six new personal video sightings. The master reference preserves the difference between an accepted technique, a source-observed variant and an editorial kit adaptation. [S01]

Named bundle identity

Bundle Juggernaut · Recorded composition 3 × 85 lb · Arithmetic identity 255 lb nominal

Bundle Titan · Recorded composition 4 × 75 lb · Arithmetic identity 300 lb nominal

Bundle Enforcer · Recorded composition 2 × 65 lb per matched set · Arithmetic identity 130 lb nominal per set

Bundle Tricep Specialist · Recorded composition 3 × 55 lb with THEFITGUY rope · Arithmetic identity 165 lb nominal

Bundle Viper · Recorded composition 4 × 45 lb · Arithmetic identity 180 lb nominal

Bundle Scalpel · Recorded composition 4 × 35 lb · Arithmetic identity 140 lb nominal

The photographed HPYGN and Tribe arrangement is two bundles of two 65-labelled bands, one matched bundle per side. The combined 260 lb nominal label sum is a configuration identity; it is not measured force at either hand. The KUZARO Enforcer and the short-band system remain separate entries even where the label number is the same. [S08 S09]

Muscle roles and anatomical interpretation

The primary role identifies muscles expected to contribute directly to the interpreted joint action. The secondary role identifies assistants and local joint control. The support role identifies postural stabilization and support contacts. These roles are qualitative and depend on the actual movement; they are not a three-rank strength score or an electromyography result. [S01]

A compound sequence can combine elbow motion, shoulder motion and a torso hinge. Naming the sequence only for biceps or triceps would hide the other components. Conversely, a small torso movement does not establish that every visible back or leg region is a major driver. The recorded action, joint path and base must be described before assigning a muscle emphasis.

Green support emphasis is intentionally restrained in the current visual standard. A planted leg, seated pelvis or braced hand supplies support but does not imply maximal activation throughout the whole limb. No percentage activation or exact deep-muscle boundary can be read from a surface illustration. This text reference carries the same limitation even though it contains no artwork. [S01]

The observed library covers chest and pressing, back and pulling, front, side and rear shoulder actions, elbow flexion and extension, forearm and grip control, lower-limb and hip patterns, and trunk support or movement. This is a taxonomy of the reviewed library, not proof that every muscle was directly isolated or trained equally. The family-level records and individual variants below preserve those distinctions.

Complete equipment recognition register

The saved visual-recognition registry contains 19 equipment entries. The descriptions preserve identifying features from that registry. They do not prove that a product was used in every video, independently certify a rating or authorize a combined assembly. Named bundle history is separately reconciled with the current Kinetics directory. [S08 S09]

E01 KUZARO · Multi-band setup

Stable ID kuzaro

Registry category resistance

Source description Yellow connection webbing with black KUZARO lettering and thick black D-rings. The supplied manifest lists six tubing grades from light gray to solid black.

Recorded badge 4 KITS · 360 LB SET

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E02 HPYGN Heavy-Duty Compression System

Stable ID hpygn-bands

Registry category resistance

Source description Gray-black multi-layered bands with black nylon shrouds and carabiner clips. Owner-confirmed short-band configuration: two 65 lb bands per side, paired twice (four bands total), shortened at the low Iron Tower anchor and routed into the Tribe bar’s rotating eyelets. Nominal ratings total 130 lb per side and 260 lb combined; resistance changes with stretch.

Recorded badge 330 LB SET

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E03 BLUSLM Ergonomic Tricep Rope

Stable ID bluslm

Registry category grips

Source description Extra-long twin black braided nylon arms, a chrome connection collar and large molded black palm-flare stops.

Recorded badge Hand Rope-03

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E04 HXD-ERGO Biomechanical Handles

Stable ID hxd

Registry category grips

Source description Asymmetric black ergonomic grip molds, flat nylon straps with a blue-and-white shield logo, and integrated fixed black carabiners.

Recorded badge Curved

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E05 INNSTAR High-Traction Stirrup Handles

Stable ID innstar

Registry category grips

Source description Triangular black nylon stirrup handles with black carabiners. The ABS grip cores have anti-slip silicone honeycomb texture; white INNSTAR lettering runs along the straps.

Recorded badge Honeycomb

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E06 Angles90 Camo Pull-Up Grips

Stable ID angles90

Registry category grips

Source description Bright orange curved handles on flat black nylon slings, with black A90 GRIPS lettering along the outer curve.

Recorded badge A90

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E07 THEFITGUY Single-Arm Tricep Rope

Stable ID single-rope

Registry category grips

Source description Single-arm black braided rope with a zinc-plated top snap hook. The distinctive red bell-shaped palm stop carries debossed thefitguy lettering.

Recorded badge 16.5 IN

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E08 MANUEKLEAR Neoprene Multi-Grip Handles

Stable ID manueklear

Registry category grips

Source description Extra-wide matte-gray neoprene/nylon straps with one silver D-ring. Sewn upper, middle and lower grip pockets provide three positions; the side tag has a yellow-and-white logo.

Recorded badge 3 GRIP ZONES

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E09 Tribe Lifting Modular Resistance Bar

Stable ID tribe

Registry category structural

Source description Polished chrome knurled bar with three threaded sections and independent rotating ball-bearing swivel rings at both ends.

Recorded badge 3 PIECES · 360° SWIVELS

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E10 HPYGN Heavy Pilates Structural Bar

Stable ID hpygn-bar

Registry category structural

Source description Black steel bar covered in dense non-slip black foam. Its nylon terminal straps have distinctive red edge stitching.

Recorded badge Foam-padded steel

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E11 THEFITGUY Ultimate Extension Straps

Stable ID extensions

Registry category structural

Source description Flat black nylon extension straps with silver steel D-rings at both ends. Bright red zigzag and box reinforcement runs along their faces; the black fabric tag reads thefitguy.

Recorded badge Dual D-ring straps

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E12 THEFITGUY Sled Pulling Belt & Straps Kit

Stable ID sled

Registry category structural

Source description Wide padded black neoprene waist harness with two steel D-rings, two 9.8-foot pulling straps and four silver oval snap hooks. Red diamond and X stitching identifies the belt and straps.

Recorded badge 2 × 9.8 FT · 4 HOOKS

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E13 Oak-Sports Heavy-Duty Carabiners

Stable ID oak

Registry category connections

Source description Bright silver symmetrical oval steel frames with black textured screw-lock gates. The equipment manifest lists a 25 kN / 5,600 lb rating.

Recorded badge 25 kN · 5,600 LB

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E14 JRSGS Rock Locking Clips

Stable ID jrsgs

Registry category connections

Source description Asymmetric matte-black D-shaped frames with screw-lock barrels. Variant A has a metallic-red barrel; Variant B has a matte-black barrel. The manifest lists 25 kN.

Recorded badge 25 kN · 2 VARIANTS

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E15 Neoprene Cable / Bundle Management Sleeves

Stable ID sleeves

Registry category connections

Source description Flexible black wraps enclosing multi-band arrays. The reversible split-seam sleeves use a continuous hook-and-loop closure for bundle management and contact shielding.

Recorded badge 1.5 IN

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E16 VEHICLEX Axle Tie-Down Straps

Stable ID vehiclex

Registry category anchors

Source description Thick black webbing with gold/silver triangular steel D-rings and sliding protective sleeves. A red rectangular patch with white VEHICLEX lettering identifies the sleeve.

Recorded badge Sleeved webbing

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E17 NILIGHT Soft Loop Anchor Straps

Stable ID nilight

Registry category anchors

Source description Short black polyester choke-loop straps with repeating white X/diamond reinforcement. The small white/black/red warning tag carries the Nilight emblem.

Recorded badge 1.7 × 17 IN

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E18 MIAOKE Tactical Hardware Duffel

Stable ID miaoke

Registry category logistics

Source description Black utility duffel/backpack with red zipper tracks and red diamond elastic side cording. The matching clear-panel organizer is labeled WASHBAG.

Recorded badge Duffel + organizer

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

E19 jooeer 3-in-1 Nested Foam Roller Set

Stable ID jooeer

Registry category recovery

Source description Outer: 18 × 5.5 in black high-density foam roller with a pyramid/spiked texture. Middle: 18 × 3.9 in neon-orange roller with linear ridges. Core: 18 × 1.57 in orange segmented massage stick with matte-gray grips and a black lanyard.

Recorded badge 3 NESTED TIERS

Identification is a source attribution. Any listed strength or capacity is a manifest claim, not a verified working-load limit for the assembled setup. [S09]

Historical nominal bundle entries

These entries are retained as historical directory data, not current training assignments. They conflict with later published bundle compositions in several cases. Do not merge the two directories or carry an old label sum into a current clip analysis. [S08 S09]

Historical name Juggernaut · Historical registry wording 3 bands labelled 85 lb; listed field 255 lb · Status Historical source; see C11

Historical name Titan · Historical registry wording 3 bands labelled 65 lb; listed field 195 lb · Status Historical source; see C11

Historical name Enforcer · Historical registry wording 3 bands labelled 55 lb; listed field 165 lb · Status Historical source; see C11

Historical name Viper · Historical registry wording 3 bands labelled 45 lb; listed field 135 lb · Status Historical source; see C11

Historical name Scalpel · Historical registry wording 3 bands labelled 35 lb; listed field 105 lb · Status Historical source; see C11

Historical name Twin Cobras · Historical registry wording 2 bands labelled 75 lb; listed field 75 lb · Status Historical source; see C11

Setup photograph and reel metadata findings

These records document the current Kinetics showcase and movement index as text. They are metadata descriptions, not new inspections of every source photograph or video. The photographs are not embedded. A current bundle association is a website navigation relationship and does not establish the actual load in the photographed moment. [S08]

A01 High-anchor lat sweep station

Source asset ID M00033

Published muscle context Lats · rear delts · trunk stabilizers

Published vector and support context High → low pull · paired handles · bench support

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A02 Standing multi-vector rig

Source asset ID M00043

Published muscle context Back · shoulders · core

Published vector and support context High / mid anchors · independent grips

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A03 Box-supported core station

Source asset ID M00050

Published muscle context Abdominals · trunk stabilizers

Published vector and support context Elevated support · overhead line

Associated bundle IDs enforcer; scalpel

Association status current-setup-association

A04 Bench-supported pull arrangement

Source asset ID M00073

Published muscle context Lats · upper back

Published vector and support context Diagonal pull · supported torso

Associated bundle IDs titan; enforcer

Association status current-setup-association

A05 Rack-side pull and carry station

Source asset ID M00083

Published muscle context Back · grip · trunk

Published vector and support context Independent pull lines · adjacent carry space

Associated bundle IDs titan; enforcer

Association status current-setup-association

A06 Bench-centered pull configuration

Source asset ID M00090

Published muscle context Lats · rear delts

Published vector and support context Bench base · paired rack anchors

Associated bundle IDs titan; enforcer

Association status current-setup-association

A07 Overhead rope and pull lines

Source asset ID M00109

Published muscle context Triceps · lats

Published vector and support context High anchors · rope / handle interfaces

Associated bundle IDs triceps

Association status current-setup-association

A08 Full rack movement grid

Source asset ID M00128

Published muscle context Back · shoulders · core

Published vector and support context Multiple anchor heights · standing / supported bases

Associated bundle IDs juggernaut; titan; enforcer; triceps; viper; scalpel

Association status current-setup-association

A09 Turf-side standing pull station

Source asset ID M00014

Published muscle context Lats · rear delts · core

Published vector and support context Rack anchors · standing base

Associated bundle IDs titan; enforcer

Association status current-setup-association

A10 High-line rope attachment

Source asset ID M00032

Published muscle context Triceps · upper back

Published vector and support context Overhead line · rope interface

Associated bundle IDs triceps

Association status current-setup-association

A11 Independent handle pull lines

Source asset ID M00076

Published muscle context Lats · upper back

Published vector and support context High / mid anchors · separate hand paths

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A12 Bench-facing band arrangement

Source asset ID M00094

Published muscle context Lats · triceps · trunk

Published vector and support context Supported base · elevated lines

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A13 Front-view rack configuration

Source asset ID M00106

Published muscle context Back · shoulders · core

Published vector and support context Paired rack uprights · multiple anchor levels

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A14 Rack and conditioning transition

Source asset ID M00130

Published muscle context Legs · back · trunk

Published vector and support context Standing pull lines · adjacent turf lane

Associated bundle IDs enforcer; viper; scalpel

Association status current-setup-association

A15 Suspension and handle junction

Source asset ID M00133

Published muscle context Upper back · shoulders · grip

Published vector and support context Independent attachment paths

Associated bundle IDs enforcer; viper; scalpel

Association status current-setup-association

A16 Box and corebag environment

Source asset ID M00141

Published muscle context Abdominals · glutes · trunk

Published vector and support context Elevated support · hinge / core-work context

Associated bundle IDs triceps

Association status current-setup-association

A17 Portable band and grip layout

Source asset ID M00027

Published muscle context Full-body setup reference

Published vector and support context Matched elastic lines · handles · connectors

Associated bundle IDs juggernaut; titan; enforcer; triceps; viper; scalpel

Association status current-setup-association

A18 Rack strap and ring interface

Source asset ID M00029

Published muscle context Back · shoulders · grip

Published vector and support context Suspension support · independent hand paths

Associated bundle IDs enforcer; viper; scalpel

Association status current-setup-association

A19 Matched band and handle layout

Source asset ID C919

Published muscle context Back · chest · arms

Published vector and support context Independent grips · assembled band sets · studio background

Associated bundle IDs juggernaut; titan; enforcer; triceps; viper; scalpel

Association status current-setup-association

A20 Short-band bar kit components

Source asset ID C1544

Published muscle context Bar press / curl setup reference

Published vector and support context Compact bands · chrome bar · paired connection points · studio background

Associated bundle IDs hpygn

Association status current-setup-association

A21 Suspension rack and open working lane

Source asset ID M00012

Published muscle context Back · shoulders · trunk

Published vector and support context Paired overhead supports · standing movement space

Associated bundle IDs enforcer; viper; scalpel

Association status current-setup-association

A22 Elevated suspension and handle lines

Source asset ID M00030

Published muscle context Back · shoulders · grip

Published vector and support context High supports · independent hand paths

Associated bundle IDs enforcer; viper; scalpel

Association status current-setup-association

A23 Bench-facing independent pull station

Source asset ID M00071

Published muscle context Lats · rear delts · trunk

Published vector and support context Elevated rack anchors · bench-supported pulling

Associated bundle IDs titan; enforcer

Association status current-setup-association

A24 Rope and handle rack junction

Source asset ID M00075

Published muscle context Triceps · back · shoulders

Published vector and support context High rope line · independent handles · separate interfaces

Associated bundle IDs triceps; enforcer

Association status current-setup-association

A25 Front-facing bench and overhead lines

Source asset ID M00115

Published muscle context Lats · triceps · trunk

Published vector and support context High anchors · aligned bench support

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A26 Incline bench and suspension layout

Source asset ID M00134

Published muscle context Chest · shoulders · upper back

Published vector and support context Inclined support · adjacent overhead pull lines

Associated bundle IDs juggernaut; enforcer

Association status current-setup-association

A27 Box-supported overhead movement station

Source asset ID M00135

Published muscle context Abdominals · trunk · back

Published vector and support context Elevated support · overhead attachment paths

Associated bundle IDs enforcer; scalpel

Association status current-setup-association

A28 Low-mounted short-band bar station

Source asset ID M00138

Published muscle context Arms · shoulders · trunk

Published vector and support context Low rack attachment · upward bar pull / curl line

Associated bundle IDs hpygn

Association status current-setup-association

A29 Wide rack and turf working arrangement

Source asset ID M00143

Published muscle context Back · shoulders · trunk

Published vector and support context Independent anchors · open standing base

Associated bundle IDs juggernaut; titan; enforcer; triceps; viper; scalpel

Association status current-setup-association

A30 Bench and tire support variation

Source asset ID M00150

Published muscle context Back · arms · trunk

Published vector and support context Multiple support heights · independent band lines

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A31 Paired rack lines and conditioning space

Source asset ID M00152

Published muscle context Back · shoulders · legs

Published vector and support context High pull lines · adjacent hinge / conditioning space

Associated bundle IDs enforcer; triceps

Association status current-setup-association

A32 Mid-mounted short-band bar station

Source asset ID M00249

Published muscle context Arms · shoulders · trunk

Published vector and support context Mid rack attachment · horizontal bar line · bench support

Associated bundle IDs hpygn

Association status current-setup-association

Published reel movement index

R01 Dynamic band activation

Published group prep

Anchor / base Multi-anchor station; light preparatory configuration.

Interface Band grips; configuration varies by session.

Movement Controlled shoulder and upper-back sweeps before the working sequence.

Related source posts https://www.instagram.com/fudge_fit/reel/Dcet4xlgZWK/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R02 Prone scapular openers

Published group prep

Anchor / base Kneeling over the bench with the band line directed toward the upper back.

Interface Paired band grips.

Movement Supported upper-back opening and return while maintaining line tension.

Related source posts https://www.instagram.com/fudge_fit/reel/DbndC2jAAB6/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R03 Deep-squat scapular drives

Published group prep

Anchor / base Squat base facing the rig; upper anchor vector.

Interface Paired grips.

Movement Hold the squat while moving the arms through scapular pull and sweep patterns.

Related source posts https://www.instagram.com/fudge_fit/reel/DcW-IV9AC7G/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R04 Band squats and kinetic drives

Published group prep

Anchor / base Portable station; anchor and stance depend on the recorded drive.

Interface Band handles or the session interface.

Movement Combine a squat/hip-and-knee drive with elastic resistance.

Related source posts https://www.instagram.com/fudge_fit/reel/DcCcx4WAniY/; https://www.instagram.com/fudge_fit/reel/DbwlWn9g9vn/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R05 Kneeling dual-band lat sweeps

Published group pull

Anchor / base Bench-kneeling base; high anchor to hip direction.

Interface Two ergonomic grips.

Movement Sweep the hands downward toward the hips with the torso supported in a repeatable position.

Related source posts https://www.instagram.com/fudge_fit/reel/DdiYq3TAtHe/; https://www.instagram.com/fudge_fit/reel/DcCcx4WAniY/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R06 Squat-stance lat drives

Published group pull

Anchor / base Wide squat facing high anchors.

Interface Paired handles.

Movement Drive the band path downward while keeping the squat position consistent.

Related source posts https://www.instagram.com/fudge_fit/reel/DdiYq3TAtHe/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R07 Horizontal lat and rear-delt sweeps

Published group pull

Anchor / base Middle-height or approximately horizontal line relative to the working shoulder.

Interface Independent grips.

Movement Sweep outward/backward through the recorded upper-back arc.

Related source posts https://www.instagram.com/fudge_fit/reel/DbwlWn9g9vn/; https://www.instagram.com/fudge_fit/reel/DcW-IV9AC7G/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R08 Reverse flyes and Y-raises

Published group pull

Anchor / base High-anchor band grid; standing or supported base as recorded.

Interface Independent handles.

Movement Use outward reverse-fly and upward Y-shaped arm paths as distinct variations.

Related source posts https://www.instagram.com/fudge_fit/reel/DbPRxOegWZW/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R09 High-to-low pulldowns

Published group pull

Anchor / base High anchor; downward diagonal pull.

Interface Paired band grips.

Movement Draw the arms down through the recorded high-to-low line.

Related source posts https://www.instagram.com/fudge_fit/reel/DbPRxOegWZW/; https://www.instagram.com/fudge_fit/reel/DbMHiilgEj_/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R10 Terminal isometric lat sweep

Published group pull

Anchor / base Bent-over base at the portable station.

Interface Band grips.

Movement Sweep into the held finishing position before a controlled reset.

Related source posts https://www.instagram.com/fudge_fit/reel/Dc4114iM8jj/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R11 Bench-supported unilateral row

Published group pull

Anchor / base Bench-supported torso; one working pull line.

Interface Single ergonomic handle.

Movement Draw one arm back while resisting rotation of the torso.

Related source posts https://www.instagram.com/fudge_fit/reel/DbwlWn9g9vn/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R12 Squatting face pulls

Published group pull

Anchor / base Squat base facing the band station.

Interface Paired grips or rope as configured.

Movement Pull toward the upper face/shoulder line while retaining the squat.

Related source posts https://www.instagram.com/fudge_fit/reel/DbPRxOegWZW/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R13 Kneeling overhead triceps extension

Published group triceps

Anchor / base Kneeling base with elevated band line.

Interface Rope or grip shown in the session; current dedicated rig uses THEFITGUY single rope.

Movement Bend and extend the elbows while retaining a consistent upper-arm position.

Related source posts https://www.instagram.com/fudge_fit/reel/DcW-IV9AC7G/; https://www.instagram.com/fudge_fit/reel/DbMHiilgEj_/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R14 Bench-supported overhead triceps

Published group triceps

Anchor / base Elbow supported on the bench pad; elevated line.

Interface THEFITGUY single rope for the current Tricep Specialist bundle.

Movement Extend the elbow from the supported overhead position.

Related source posts https://www.instagram.com/fudge_fit/reel/DdiYq3TAtHe/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R15 Seated straight-bar pressdowns

Published group triceps

Anchor / base Seated bench base; band line above the working hands.

Interface Straight bar.

Movement Press the bar downward through elbow extension.

Related source posts https://www.instagram.com/fudge_fit/reel/DdiYq3TAtHe/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R16 Low-anchor kickbacks

Published group triceps

Anchor / base Low anchor; split stance; upper arm beside the torso.

Interface Single grip.

Movement Extend the elbow backward against the low line.

Related source posts https://www.instagram.com/fudge_fit/reel/DdiYq3TAtHe/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R17 Side triceps extensions

Published group triceps

Anchor / base Lateral line at the rig; stance follows the recorded variation.

Interface Single grip or rope variation.

Movement Extend across the side-directed band vector.

Related source posts https://www.instagram.com/fudge_fit/reel/DbPRxOegWZW/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R18 Corebag suspension triceps and unilateral drive

Published group triceps

Anchor / base High suspension anchors; knees on the 15 kg / 33 lb Corebag.

Interface Suspension handles / straps, rather than an elastic-band bundle.

Movement Bilateral elbow extension and a separate one-arm variation.

Related source posts https://www.instagram.com/fudge_fit/reel/DdMne2YgV6-/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R19 Seated band woodchoppers

Published group core

Anchor / base Seated base; diagonal line from the rig.

Interface Band handle configuration shown in the session.

Movement Rotate through the recorded diagonal hand path with a controlled return.

Related source posts https://www.instagram.com/fudge_fit/reel/DbPRxOegWZW/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R20 Elevated core compression

Published group core

Anchor / base Kneeling on the 15 kg Corebag at the band station.

Interface Band attachment from the recorded sequence.

Movement Bring the ribcage toward the pelvis against the band line.

Related source posts https://www.instagram.com/fudge_fit/reel/Dc4114iM8jj/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R21 Resisted torso drops

Published group core

Anchor / base Rig-facing base with a resisted torso movement.

Interface Recorded band interface.

Movement Controlled torso lowering and return through the session range.

Related source posts https://www.instagram.com/fudge_fit/reel/DbPRxOegWZW/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

R22 Single-leg suspension hinge and box hinge

Published group core

Anchor / base High suspension lines; single-leg floor base or kneeling box base.

Interface Suspension straps.

Movement Hinge with strap support while maintaining the chosen base.

Related source posts https://www.instagram.com/fudge_fit/reel/DdMne2YgV6-/; https://www.instagram.com/fudge_fit/reel/DdKAEe7SKLR/

This is the published movement-family description, not an additional verified set or an independent measurement of force. [S08]

Complete source refinement history

Revision note 01

Separated SET-C086 forearm/grip rotation from SET-C087 thigh-braced curl; no source passage discarded.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 02

Reassigned SET-C093 to the unilateral curl group because one active grip is visible; SET-C234 remains the paired/crossed-lines reference.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 03

SET-C327 reclassified as a shared low-front arm raise / torso-hinge sequence rather than a two-hand biceps curl.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 04

SET-C205 renamed a high-front single-arm draw; a biceps-only interpretation is not supported by the observed extension phases.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 05

Oct17 high-front source comparison: low squat distinguished from kneeling; lateral weight shift not a straight-leg Cossack; foreground box occlusion preserved; shared grip kept distinct from independent handles.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 06

SET-C233 shows walking/repositioning with handles, then bringing hands together. No repeated working movement or timed exercise hold established.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 07

SET-C217 shows turning/walking and moving one handle through changing positions. Retained as a transition observation; no distinct exercise prescription established.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 08

SET-C018 shows a low rope handle retained while the other open hand reaches toward the camera. The reach may be a camera-directed gesture; it is not established as a loaded exercise.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 09

Oct17 overhead source check: C184 has two independent palm-grip circuits, C218 is a rearward arm drive, and C224 contains grip changes rather than a two-hand-only repetition.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 10

Full-body planned cards now use separate matched-pair Pilates illustrations/resistance profiles. These adaptations are distinct from recording evidence and from the long-line muscle-focus cards.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Revision note 11

Oct17 extension review: C088 is standing, not seated; C222 lower contacts remain partly occluded. C016 has a documented box adaptation, not a false claim that the source bench was a box.

Saved interpretation history [S01]. Later corrections supersede the earlier label for the affected passage; the underlying source evidence remains retained.

Nutrition evidence and the new meal data

The current nutrition material has two main data streams. Salad cards use an explicit portion model with ingredient ranges and dressing scenarios. Meal stories preserve caption-reported recipes or owner-confirmed reconstructions. They should remain distinct in every future book. A visually impressive bowl or a high-protein caption does not establish a weighed, consumed portion. [S03 S04 S06]

The 14 salad records are keyed to filename-dated photographs from February to October 2026. Dates identify the supplied asset record; they are not automatically the consumption date. The current model discloses generic per-100-g composition coefficients and assumed gram ranges. It omits unidentified protein toppings instead of guessing a species. [S03 S05]

The nine meal stories include smoothies, wraps, an omelette, fudge jars, air-fryer alternatives, two fudge-bowl flavours and rice-cake sandwiches. Some share a source post or a reconstructed base. They are nine story records, not nine independently weighed trials and not nine entirely distinct source videos. No whole-day total is calculated by adding these alternatives. [S04]

USDA FoodData Central provides food composition datasets. It is a reference source for selecting generic foods, while branded package labels and weighed recipe quantities remain necessary to verify a particular product-based meal. The saved website coefficients are rounded working values; the current script does not attach an individual database record ID to each coefficient. The reference therefore preserves them as website model coefficients rather than claiming a new database validation. [S03 R01]

Serving basis and accounting

Prepared batch means all ingredients modeled for the entire bowl or blend. Consumed serving means the quantity actually eaten. Per jar, whole blend, three wraps and whole plate are different denominators. The basis must stay beside every calorie or macronutrient number. Missing total carbohydrate must remain unknown even when a caption states net carbohydrate or fibre.

For a homogeneous measured mixture, a serving calculation can multiply the batch nutrition by the serving mass divided by total batch mass. Layered salads, selectively eaten toppings and separated oil are not necessarily homogeneous. Leftover liquid volume alone cannot establish a valid energy deduction when oil, vinegar and food particles separate. [S03 S04 S06]

The current salad model has three display scenarios: base without dressing, heavy avocado dressing and light olive-oil and glaze dressing. Light describes texture. The model can assign more energy to the light dressing because of the oil and glaze quantities. No lower-calorie claim follows from the name. [S03 S06]

Portion rules are explicit: an egg-led bowl without mixed beans or lupini uses four eggs; a mixed-bean and lupini bowl uses two eggs; tuna with beans and no eggs or lupini uses one whole can of beans. Whole-can drained weight is provisional at 240 to 360 g until the package is available. A 15-inch bowl does not establish mass, fill depth or a consumed serving. [S03 S06]

The model sums each coefficient multiplied by grams divided by 100. Its low and high endpoints combine assumed low and high ingredient quantities; they are scenario bounds, not statistical confidence intervals. Energy coefficients can differ from a simple protein/carbohydrate/fat energy cross-check because the model uses rounded generic coefficients. A mismatch should trigger reconciliation, not silent replacement of a reported number.

Sodium, sugars, saturated fat and numeric micronutrient totals are not established for these bowls without labels and verified portions. Missing values are not zeros. Product variation matters particularly for feta, olives, pickled ingredients, canned foods, protein powders, milk and glaze. The historical plan of 2780 kcal, 252 g protein and 69 g fat remains a planning reference rather than verified daily consumption. [S03 S04 S06 S07 S10]

Dressing assumptions and calculated ranges

Heavy avocado dressing

130 to 200 g edible avocado plus two to three tablespoons avocado oil, modeled at 14 g oil per tablespoon. White vinegar to taste is excluded from this range.

Prepared batch model 456 to 691 kcal; 47.1 to 71.4 g fat; 11.1 to 17.0 g carbohydrate.

The model includes the full prepared batch. Actual dressing consumed is not measured. [S03 S06]

Light olive oil and glaze dressing

Four to five tablespoons each olive oil and glaze, with oil modeled at 15 mL per tablespoon and 0.91 g per mL. Glaze uses seven to twelve grams carbohydrate per tablespoon. Approximately 120 mL white wine vinegar is included as 22 kcal in the saved model.

Prepared batch model 617 to 865 kcal; 54.6 to 68.2 g fat; 28.0 to 60.0 g carbohydrate.

The model includes the full prepared batch. Actual dressing consumed is not measured. [S03 S06]

Consolidated findings and unresolved questions

Coverage is broad but not exhaustive

The archive contains 740 inventoried files and several review layers. The frozen edition has 18 completed representative long-file screenings, one partial and 24 pending. Do not equate compiled guides with exhaustive review of all footage.

Observed passages are not workout volume

The 173 windows identify evidence. They do not establish 173 sets, repetitions, training days or separate exercise types. Twelve cards on a programme day are planned presentation slots rather than video-verified volume.

Hardware identity changes interpretation

Cable, suspension webbing, exposed elastic tubes and rigid bar support can look similar in a cropped frame. Several early names changed after source geometry review. Preserve those corrections alongside the retained evidence.

Support is part of the movement description

Floor kneeling, box kneeling, bench support and low squatting create different bases. An obscured contact remains unresolved. Changing a bench to a box in an illustration is an adaptation, not a new claim about the recording.

Anatomy is interpreted rather than measured

Muscle roles follow the visible action and known anatomy. No recording-based activation magnitude, muscle-growth result or injury tolerance is established by this project data.

Portion basis drives nutrition meaning

Full blend, whole plate, per jar and whole dressing batch are incompatible serving denominators. Keep each basis beside the number. Shared ingredients or a related source post do not validate a reconstructed bowl.

Unknown toppings must stay unknown

The current salad model excludes several unidentified proteins. Reintroducing a guessed tuna or chicken entry would inflate confidence and distort both recipe and nutrition totals.

Historical publications need a correction pass

Current web sources have corrected several older book claims. The new supplements supply an explicit replacement map. The archived PDFs should remain visibly dated until a complete editorial and clinical review produces a genuinely revised full edition.

Calibration and label work remain open

No force-extension curve, measured joint torque, complete package-label inventory or weighed whole-day diet is supplied. Those are separate future measurement tasks. This reference does not invent their results.

One data source should feed every derivative

The same accepted record IDs should populate Encyclopedia explanations, Guidebook summaries, website cards and downloads. Nutrition scenarios and evidence status must travel with each derivative. A count or title correction should not become a new observation.

A common analysis structure for future chapters

Lens Mechanism · Nutrition application What the ingredient or preparation contributes, with serving basis · Kinetics application Which visible joint action and line of pull are being interpreted

Lens Interaction · Nutrition application What is counted in another meal, dressing or liquid recipe · Kinetics application How grip, support, torso action and anchor combine

Lens Margin · Nutrition application How wide the portion assumptions and missing-label uncertainty are · Kinetics application Which geometry, hardware and force quantities are unmeasured

Lens Monitor · Nutrition application Weights, labels, batch yield and the quantity actually consumed · Kinetics application Source ID, support contact, attachment and trainer feedback

Lens Review or stop rule · Nutrition application Which missing input prevents a numeric nutrition claim · Kinetics application Which unresolved contact or equipment type prevents a training interpretation

The current protocol site uses five lenses named Mechanism, Stack interaction, Margin, Monitor and Stop rule. For this editorial reference they are retained as an analysis pattern, without inventing new medical thresholds. An editorial review rule means a claim is held until evidence is available; it is not a newly prescribed clinical action. [S13]

Detailed movement family analysis

M01 Curl / elbow-flexion draw

Stable ID elbow-flexion

Grouped variants 9

Source phase references SET-C087; SET-C154; SET-C230; SET-C231; SET-C241; SET-C181; SET-C182; SET-C242; SET-C274; SET-C093; SET-C205; SET-C235; SET-C239; SET-C240; SET-C243; SET-C328; SET-C291; SET-C292

Primary anatomical interpretation Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs low-side-unilateral-curl; standing-inclined-low-line-drive; standing-inclined-unilateral-curl; standing-inclined-unilateral-high-front-band-curl-draw; standing-alternating-low-front-curl; floor-low-base-unilateral-curl; deep-squat-unilateral-low-line-curl; deep-squat-two-hand-single-handle-curl; standing-supported-high-front-curl

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M02 Overhead elbow-extension sequence

Stable ID overhead-extension

Grouped variants 9

Source phase references SET-C011; SET-C016; SET-C017; SET-C020; SET-C090; SET-C153; SET-C244; SET-C245; SET-C246; SET-C091; SET-C092; SET-C122; SET-C123; SET-C232; SET-C165; SET-C166; SET-C167; SET-C168; SET-C183; SET-C325; SET-C326; SET-C247; SET-C269; SET-C324

Primary anatomical interpretation Triceps brachii contributes during elbow extension. Torso movement is a separate component.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs inclined-overhead-drive; kneeling-supported-forward-extension; floor-kneeling-unilateral-low-rear-extension; floor-kneeling-paired-overhead-extension; bench-straddled-overhead-extension; standing-overhead-drive; standing-two-hand-single-handle-overhead-extension; floor-kneeling-two-hand-single-handle-low-rear-extension; standing-unilateral-high-rear-overhead-drive

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M03 High-front bent-arm draw

Stable ID high-front-draw

Grouped variants 14

Source phase references SET-C012; SET-C013; SET-C014; SET-C015; SET-C104; SET-C171; SET-C050; SET-C051; SET-C085; SET-C198; SET-C052; SET-C053; SET-C054; SET-C197; SET-C199; SET-C200; SET-C259; SET-C314; SET-C103; SET-C108; SET-C156; SET-C157; SET-C158; SET-C161; SET-C176; SET-C177; SET-C178; SET-C179; SET-C262; SET-C321; SET-C109; SET-C110; SET-C162; SET-C190; SET-C304; SET-C254; SET-C257; SET-C320; SET-C258; SET-C293; SET-C295; SET-C316; SET-C317; SET-C318; SET-C260; SET-C263; SET-C264; SET-C265; SET-C319

Primary anatomical interpretation Elbow flexors contribute as the elbows bend; latissimus dorsi contributes as upper arms draw down toward the trunk.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs high-front-downward-arm-drive; floor-kneeling-high-front-draw; high-front-two-hand-draw; high-front-two-hand-draw-squat; high-front-draw-low-base; standing-backward-lean-high-front-paired-draw; floor-kneeling-paired-high-front-draw; standing-high-front-draw-leg-lift; sandbag-kneeling-unilateral-high-front-draw; sandbag-kneeling-high-front-draw; high-front-draw-lateral-squat; standing-unilateral-high-front-draw; box-seated-two-hand-high-front-draw; sandbag-supported-kneeling-high-front-draw

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M04 Wide-arm sweep / inclined drive

Stable ID wide-arm-drive

Grouped variants 9

Source phase references SET-C057; SET-C072; SET-C073; SET-C075; SET-C125; SET-C201; SET-C202; SET-C163; SET-C184; SET-C290; SET-C186; SET-C187; SET-C188; SET-C266; SET-C322

Primary anatomical interpretation 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 contribution Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs standing-high-rear-upper-back-braced-arm-opening; bench-straddled-lateral-sweep; standing-high-line-sweep; floor-kneeling-wide-arm-drive; standing-paired-wide-arm-sweep; standing-two-hand-high-rear-overhead-drive; standing-high-front-wide-arm-sweep; standing-inclined-high-rear-wide-arm-drive; upper-back-braced-arm-opening

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M05 Overhead arm drive with torso movement

Stable ID overhead-arm-drive

Grouped variants 9

Source phase references SET-C010; SET-C046; SET-C080; SET-C081; SET-C082; SET-C083; SET-C084; SET-C174; SET-C175; SET-C078; SET-C079; SET-C192; SET-C106; SET-C107; SET-C189; SET-C191; SET-C305; SET-C306; SET-C307; SET-C219; SET-C224; SET-C225; SET-C226

Primary anatomical interpretation Shoulder and upper-arm muscles contribute to the recorded drive; the sequence combines arm movement and torso inclination.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs bench-kneeling-paired-high-rear-drive; box-kneeling-overhead-drive; box-kneeling-unilateral-overhead-drive; bench-supported-high-rear-downward-drive; standing-alternating-high-front-draw; standing-inclined-unilateral-band-overhead-arm-drive; floor-kneeling-two-hand-single-band-overhead-arm-drive; standing-unilateral-band-overhead-hold-drive; floor-kneeling-unilateral-band-overhead-arm-drive

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M06 Band-bar pressdown

Stable ID bar-pressdown

Grouped variants 1

Source phase references SET-C236; SET-C238

Primary anatomical interpretation Triceps brachii contributes during elbow extension as the bar descends.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs standing-mid-side-band-bar-pressdown

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M07 Braced torso bow / hinge

Stable ID torso-bow

Grouped variants 9

Source phase references SET-C047; SET-C049; SET-C056; SET-C064; SET-C065; SET-C115; SET-C116; SET-C229; SET-C066; SET-C112; SET-C160; SET-C170; SET-C173; SET-C117; SET-C159; SET-C169; SET-C228; SET-C323

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

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs box-kneeling-shoulder-braced-torso-fold; standing-high-rear-upper-back-braced-torso-bow; low-back-bar-torso-bow; floor-kneeling-shoulder-bar-torso-bow; standing-overhead-held-torso-lean; shoulder-braced-torso-bow; floor-kneeling-overhead-held-torso-fold; front-waist-bar-torso-bow; upper-back-braced-torso-bow

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M08 Shoulder-bar squat and torso bow

Stable ID squat-bar-bow

Grouped variants 1

Source phase references SET-C067; SET-C068

Primary anatomical interpretation Quadriceps and hip extensors contribute to knee/hip extension; trunk muscles control the bow.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs standing-shoulder-bar-squat-bow

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M09 Supported rearward arm movement

Stable ID rearward-arm-drive

Grouped variants 4

Source phase references SET-C021; SET-C022; SET-C234; SET-C121; SET-C124; SET-C218

Primary anatomical interpretation Posterior shoulder and shoulder-extensor muscles contribute when the upper arm moves backward.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs bench-supported-rearward-arm-movement; standing-inclined-paired-curl-draw; standing-low-line-rearward-drive; standing-unilateral-band-overhead-arm-drive-with-lateral-torso-inclination

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M10 Loaded-line hold / balance sequence

Stable ID line-hold

Grouped variants 4

Source phase references SET-C018; SET-C217; SET-C220; SET-C233

Primary anatomical interpretation Shoulder and arm muscles maintain the visible handle position; no isolated prime mover is assigned to the hold.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs kneeling-handle-hold-free-reach; standing-single-handle-band-sweep-reposition; deep-squat-unilateral-high-side-band-draw-hold; standing-low-line-hold

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M11 Side-line bent-arm draw

Stable ID side-draw

Grouped variants 2

Source phase references SET-C237; SET-C250; SET-C251

Primary anatomical interpretation Elbow flexors contribute during bending; shoulder muscles contribute to the upper-arm draw.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs floor-kneeling-mid-side-bar-draw; standing-side-line-unilateral-draw

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M12 Shared-handle downward draw

Stable ID shared-downward-draw

Grouped variants 2

Source phase references SET-C221; SET-C222

Primary anatomical interpretation Shoulder and elbow muscles contribute to the downward draw. Triceps contributes where the elbows extend; elbow flexors contribute where they bend.

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

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs standing-two-hand-single-band-pressdown-draw;
deep-squat-two-hand-single-band-downward-draw

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M13 Head-harness torso bow

Stable ID head-harness-bow

Grouped variants 1

Source phase references SET-C142

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

Secondary contribution Hip and leg muscles support the standing base.

Support contribution Trunk and hip muscles steady the shown support contacts.

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

Variant IDs standing-head-harness-torso-bow

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M14 Forearm rotation and grip control

Stable ID forearm-rotation

Grouped variants 2

Source phase references SET-C164; SET-C086

Primary anatomical interpretation Forearm muscles control rotation and the grip.

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

Support contribution The stance and trunk steady the body.

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

Variant IDs bench-straddled-low-rear-arm-drive; standing-low-side-forearm-rotation

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M15 Low-front arm raise with torso hinge

Stable ID low-front-arm-raise

Grouped variants 1

Source phase references SET-C327

Primary anatomical interpretation Front deltoids guide the arm raise; hip extensors help bring the torso toward upright.

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

Support contribution Trunk muscles steady the spine and the planted feet support the stance.

Evidence limitation Kinematic interpretation of SET-C327, not measured activation.

Variant IDs standing-inclined-two-hand-single-handle-curl

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M16 Low-line elbow extension

Stable ID elbow-extension

Grouped variants 2

Source phase references SET-C088; SET-C275

Primary anatomical interpretation Triceps brachii straightens the working elbow.

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

Support contribution Trunk and hip muscles steady the inclined standing base.

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

Variant IDs seated-low-rear-arm-extension; standing-low-front-unilateral-short-draw

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

M17 Core and sides / anti-rotation reach

Stable ID anti-rotation

Grouped variants 1

Source phase references SET-C252

Primary anatomical interpretation Abdominal wall and obliques resist rotation.

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

Support contribution Hip and ankle muscles steady both feet.

Evidence limitation Anatomical interpretation of visible joint actions; not measured activation.

Variant IDs standing-two-hand-single-handle-side-draw

Record source [S01]. Source phase IDs may appear in more than one family interpretation; do not add family phase counts as unique passages.

Grouped recording setup findings

G001 Box-kneeling high-rear arm drive

Stable ID bench-kneeling-paired-high-rear-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

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

Anchor evidence High rear paired attachments

Hand path evidence From hands near head toward forward/down extension; torso inclines

Resistance direction Back/up toward rear attachments

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

Primary interpretation Front shoulder muscles guide the arms forward.

Secondary interpretation Triceps and forearm muscles control the elbows and palm grips.

Support interpretation Trunk and hip muscles stabilize the kneeling base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C010 | 20260911_050715.mp4 | 00:12:35 to 00:13:31

Geometry evidence geometry-evidence/SET-C010_position.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G002 Inclined high-rear alternating elbow extension

Stable ID inclined-overhead-drive

Classification Eligible recorded movement variant

Movement family overhead-extension

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

Anchor evidence High rear paired attachments

Hand path evidence From hands near head toward forward/down extension; torso inclines

Resistance direction Back/up toward rear attachments

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Triceps brachii straightens the working elbow; latissimus contributes when the upper arm draws down.

Secondary interpretation Shoulder, forearm and postural muscles guide the shown grip and torso position.

Support interpretation Hip muscles and the shown support contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C011 | 20260911_050715.mp4 | 00:13:40 to 00:15:01

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G003 Wide-stance paired high-front downward draw

Stable ID high-front-downward-arm-drive

Classification Eligible recorded movement variant

Movement family high-front-draw

Position evidence 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 evidence High front attachment; High front overhead attachment

Hand path evidence 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 wording Anchored lines / construction unconfirmed

Primary interpretation Latissimus and triceps contribute to drawing the arms down; quadriceps controls the squat.

Secondary interpretation Shoulder, forearm and postural muscles guide the shown grip and torso position.

Support interpretation Hip muscles and the shown support contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C012 | 20260911_050715.mp4 | 00:15:24 to 00:16:29

Geometry evidence geometry-evidence/SET-C012_position.jpg

Source passage SET-C013 | 20260911_050715.mp4 | 00:17:47 to 00:18:32

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C014 | 20260911_050715.mp4 | 00:18:34 to 00:19:35

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C015 | 20260911_050715.mp4 | 00:19:41 to 00:20:02

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C104 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:48:08 to 00:48:48

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C171 | VID_20260724_063347.mp4 | 00:12:51 to 00:13:44

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G004 Box-supported kneeling single-arm forward extension

Stable ID kneeling-supported-forward-extension

Classification Eligible recorded movement variant

Movement family overhead-extension

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

Anchor evidence 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

Hand path evidence 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 wording Exposed elastic tubes and one handle, visually identified; Anchored lines / construction unconfirmed; Exposed elastic tubes and red handle, visually identified

Primary interpretation Triceps brachii contributes as the elbows straighten.

Secondary interpretation Shoulder and forearm muscles guide the upper arms and grip.

Support interpretation Trunk and hip muscles steady the position and support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C016 | 20260911_050715.mp4 | 00:20:12 to 00:20:40

Geometry evidence geometry-evidence/SET-C016_review.jpg

Source passage SET-C017 | 20260911_050715.mp4 | 00:21:53 to 00:22:22

Geometry evidence anchor_checks/L002_01320.jpg

Source passage SET-C020 | 20260911_050715.mp4 | 00:23:09 to 00:23:28

Geometry evidence geometry-evidence/SET-C020_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G005 Kneeling handle hold free reach

Stable ID kneeling-handle-hold-free-reach

Classification Evidence only

Movement family line-hold

Position evidence Floor-kneeling; opposite forearm on bench

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

Hand path evidence Free hand reaches forward; loaded handle held near hip

Resistance direction Backward along held handle line

Equipment wording Anchored lines / construction unconfirmed

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

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C018 | 20260911_050715.mp4 | 00:22:31 to 00:22:55

Geometry evidence anchor_checks/L002_01355.jpg

This group is retained to document the source but is excluded from exercise prescription. A visible gesture, transition, uncertain hold or head-harness sequence does not establish a usable exercise instruction.

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G006 Low-rear rope-grip retention with stance control

Stable ID bench-supported-rearward-arm-movement

Classification Eligible recorded movement variant

Movement family rearward-arm-drive

Position evidence Standing; knee bend and torso inclination as described

Anchor evidence Low rear attachment; elbow partly cropped

Hand path evidence Hand travels rearward beside thigh; elbow contribution partly obscured

Resistance direction Backward/down toward rear attachment

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Shoulder and trunk muscles control the retained rearward line and inclined posture.

Secondary interpretation Shoulder, forearm and postural muscles guide the shown grip and torso position.

Support interpretation Hip muscles and the shown support contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C021 | 20260911_050715.mp4 | 00:23:44 to 00:24:33

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C022 | 20260911_050715.mp4 | 00:24:57 to 00:25:41

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G007 Box-kneeling shared overhead grip and torso fold

Stable ID box-kneeling-overhead-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

Position evidence 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 evidence High rear paired attachments; High rear overhead attachment; High / behind

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Anchored line; elastic construction visually inferred; Anchored paired/single handle line / construction unconfirmed

Primary interpretation Triceps controls elbow extension; abdominal muscles contribute when the trunk folds.

Secondary interpretation Shoulder and forearm muscles guide the arm position and grip.

Support interpretation Hip muscles steady the kneeling contacts on the box.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C046 | 20260911_050715.mp4 | 00:47:46 to 00:49:12

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C080 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:26:04 to 00:26:28

Geometry evidence anchor_checks/SET-C080.jpg

Source passage SET-C081 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:26:30 to 00:26:51

Geometry evidence geometry-evidence/SET-C081_review.jpg

Source passage SET-C082 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:26:57 to 00:27:25

Geometry evidence geometry-evidence/SET-C082_review.jpg

Source passage SET-C083 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:27:26 to 00:27:50

Geometry evidence geometry-evidence/SET-C083_review.jpg

Source passage SET-C084 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:27:51 to 00:28:43

Geometry evidence geometry-evidence/SET-C084_review.jpg

Source passage SET-C174 | VID_20260724_063347.mp4 | 00:24:54 to 00:25:26

Geometry evidence anchor_checks/L016_01505.jpg

Source passage SET-C175 | VID_20260724_063347.mp4 | 00:25:27 to 00:26:23

Geometry evidence anchor_checks/L016_01505.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G008 Box-kneeling shoulder-braced line control

Stable ID box-kneeling-shoulder-braced-torso-fold

Classification Eligible recorded movement variant

Movement family torso-bow

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

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

Hand path evidence Handle remains braced; torso folds and returns

Resistance direction Back/up against braced shoulder/chest contact

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

Secondary interpretation Shoulder, forearm and spinal muscles control the retained line and torso position.

Support interpretation Hip muscles and the shown floor or box contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C047 | 20260911_050715.mp4 | 00:49:20 to 00:51:05

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C049 | 20260911_050715.mp4 | 00:51:28 to 00:52:04

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G009 Floor kneeling high front draw

Stable ID floor-kneeling-high-front-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

Position evidence 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 evidence High / in front; High front/overhead attachment

Hand path evidence 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 wording Exposed elastic tubes with paired grip attachment, visually identified; Anchored lines / construction unconfirmed; Exposed elastic tubes and paired grip attachment, visually identified

Primary interpretation Latissimus dorsi guides the arm draw; triceps controls elbow extension. Abdominal muscles contribute to the torso fold.

Secondary interpretation Forearm muscles maintain the shared grip; shoulder-blade muscles control the arm path.

Support interpretation The hips and floor or box contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C050 | 20260911_050715.mp4 | 00:52:38 to 00:53:02

Geometry evidence geometry-evidence/SET-C050_review.jpg

Source passage SET-C051 | 20260911_050715.mp4 | 00:53:42 to 00:54:21

Geometry evidence geometry-evidence/SET-C051_review.jpg

Source passage SET-C085 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:28:50 to 00:29:54

Geometry evidence anchor_checks/SET-C085.jpg

Source passage SET-C198 | VID_20260725_070834.mp4 | 00:10:56 to 00:11:08

Geometry evidence geometry-evidence/SET-C198_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G010 Standing shared-grip high-front draw

Stable ID high-front-two-hand-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

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

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

Hand path evidence 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 wording 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

Primary interpretation Latissimus dorsi and posterior shoulder muscles contribute as the upper arms draw toward the torso.

Secondary interpretation Elbow and forearm muscles control the shared grip.

Support interpretation Trunk and hip muscles steady the standing base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C052 | VID_20260725_082538.mp4 | 00:08:11 to 00:08:30

Geometry evidence anchor_checks/L040_00500.jpg

Source passage SET-C053 | VID_20260725_082538.mp4 | 00:08:37 to 00:08:47

Geometry evidence anchor_checks/L040_00500.jpg

Source passage SET-C054 | VID_20260725_082538.mp4 | 00:08:48 to 00:09:42

Geometry evidence anchor_checks/L040_00500.jpg

Source passage SET-C197 | VID_20260725_070834.mp4 | 00:10:33 to 00:10:55

Geometry evidence geometry-evidence/SET-C197_review.jpg

Source passage SET-C199 | VID_20260725_070834.mp4 | 00:11:12 to 00:11:59

Geometry evidence geometry-evidence/SET-C199_review.jpg

Source passage SET-C200 | VID_20260725_070834.mp4 | 00:12:07 to 00:12:14

Geometry evidence geometry-evidence/SET-C200_review.jpg

Source passage SET-C259 | 20260829_060124.mp4 | 01:31:11 to 01:31:32

Geometry evidence geometry-evidence/SET-C259_review.jpg

Source passage SET-C314 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:30:08 to 00:30:21

Geometry evidence geometry-evidence/L006_01815_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G011 Standing high rear upper back braced torso bow

Stable ID standing-high-rear-upper-back-braced-torso-bow

Classification Eligible recorded movement variant

Movement family torso-bow

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

Anchor evidence High / behind at overhead rack

Hand path evidence Hands maintain webbing beside head while torso folds forward

Resistance direction Back/up toward overhead rear rack

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

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

Secondary interpretation Spinal, shoulder and forearm muscles control the torso and front-retained webbing.

Support interpretation Hip muscles and the shown stance steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C056 | VID_20260725_082538.mp4 | 00:09:52 to 00:10:57

Geometry evidence geometry-evidence/SET-C056_position.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G012 Upper-back braced line control with free arms

Stable ID standing-high-rear-upper-back-braced-arm-opening

Classification Eligible recorded movement variant

Movement family wide-arm-drive

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

Anchor evidence High / behind at overhead rack

Hand path evidence Arms open laterally and lower; upper-back webbing retains the loaded connection

Resistance direction Back/up toward overhead rear rack

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

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

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C057 | VID_20260725_082538.mp4 | 00:11:00 to 00:11:39

Geometry evidence geometry-evidence/SET-C057_position.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G013 Low back bar torso bow

Stable ID low-back-bar-torso-bow

Classification Eligible recorded movement variant

Movement family torso-bow

Position evidence 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 evidence 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

Hand path evidence 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 wording Padded bar with paired anchored lines / construction unconfirmed; Padded bar with paired exposed elastic tubes

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

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C064 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:11:55 to 00:13:00

Geometry evidence anchor_checks/SET-C064.jpg

Source passage SET-C065 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:13:13 to 00:14:14

Geometry evidence geometry-evidence/SET-C065_position.jpg

Source passage SET-C115 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:10:44 to 00:11:36

Geometry evidence anchor_checks/L010_00660.jpg

Source passage SET-C116 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:11:37 to 00:11:47

Geometry evidence anchor_checks/L010_00660.jpg

Source passage SET-C229 | 20260829_060124.mp4 | 01:00:41 to 01:01:54

Geometry evidence geometry-evidence/SET-C229_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G014 Floor-kneeling shoulder-bar posture control

Stable ID floor-kneeling-shoulder-bar-torso-bow

Classification Eligible recorded movement variant

Movement family torso-bow

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

Anchor evidence Low / beside and behind body

Hand path evidence Hands retain bar; torso bows with shoulder-braced bar

Resistance direction Down/back toward paired rack attachments

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

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

Secondary interpretation Shoulder and forearm muscles hold the bar and guide the upper arms.

Support interpretation Hip muscles and both knees maintain the floor base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C066 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:14:26 to 00:14:46

Geometry evidence geometry-evidence/SET-C066_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G015 Standing shoulder bar squat bow

Stable ID standing-shoulder-bar-squat-bow

Classification Eligible recorded movement variant

Movement family squat-bar-bow

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

Anchor evidence Low / beside and behind body

Hand path evidence Hands retain bar; knee bend and torso bow move bar

Resistance direction Down/back toward paired rack attachments

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

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

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C067 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:14:47 to 00:14:58

Geometry evidence geometry-evidence/SET-C067_review.jpg

Source passage SET-C068 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:15:03 to 00:15:39

Geometry evidence geometry-evidence/SET-C068_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G016 Floor-kneeling paired high-front arm sweep

Stable ID bench-straddled-lateral-sweep

Classification Eligible recorded movement variant

Movement family wide-arm-drive

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

Anchor evidence High overhead on paired rack attachments

Hand path evidence Wide lateral arm sweep followed by forward/down travel

Resistance direction Upward toward the overhead attachments

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Latissimus contributes as the upper arms draw down toward the torso.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C072 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:18:14 to 00:19:11

Geometry evidence anchor_checks/L008_01100.jpg

Source passage SET-C073 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:19:28 to 00:20:32

Geometry evidence anchor_checks/L008_01100.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G017 Standing paired high-front arm sweep

Stable ID standing-high-line-sweep

Classification Eligible recorded movement variant

Movement family wide-arm-drive

Position evidence Standing; both feet on floor

Anchor evidence High overhead paired rack attachments

Hand path evidence Arm reaches outward/up then returns lower

Resistance direction Upward along tensioned line

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Latissimus contributes to drawing the upper arms down; the visible lateral regions are highlighted.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C075 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:21:34 to 00:22:01

Geometry evidence anchor_checks/L008_01300.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G018 Box-kneeling single-arm high-line torso fold

Stable ID box-kneeling-unilateral-overhead-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

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

Anchor evidence High / behind

Hand path evidence 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 wording Anchored line; elastic construction visually inferred

Primary interpretation Anterior trunk muscles contribute to the forward fold; these regions are hidden in the rear view.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C078 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:25:06 to 00:25:19

Geometry evidence geometry-evidence/SET-C078_review.jpg

Source passage SET-C079 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:25:26 to 00:26:03

Geometry evidence geometry-evidence/SET-C079_review.jpg

Source passage SET-C192 | VID_20260725_070834.mp4 | 00:07:12 to 00:08:15

Geometry evidence geometry-evidence/SET-C192_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G019 Thigh-braced cross-body low-side curl

Stable ID low-side-unilateral-curl

Classification Eligible recorded movement variant

Movement family elbow-flexion

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

Anchor evidence Low side attachment beside rig base

Hand path evidence Hand curls upward toward shoulder/chest; C087 thigh-braced

Resistance direction Down/side toward attachment

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

Primary interpretation Biceps and brachialis bend the elbow; pectoralis contributes as the arm draws across the body.

Secondary interpretation Front shoulder and forearm muscles guide the arm and grip.

Support interpretation The free hand on the thigh and planted feet steady the inclined base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C087 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:31:38 to 00:32:18

Geometry evidence geometry-evidence/SET-C087_position.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G020 Standing inclined single-arm low-rear elbow extension

Stable ID seated-low-rear-arm-extension

Classification Eligible recorded movement variant

Movement family elbow-extension

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

Anchor evidence Low rear rack attachment below seated hips

Hand path evidence One handle travels rearward beside hip and returns

Resistance direction Rearward toward low attachment

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Triceps brachii contributes as the elbows straighten.

Secondary interpretation Shoulder and forearm muscles guide the upper arms and grip.

Support interpretation Trunk and hip muscles steady the position and support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C088 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:32:24 to 00:33:09

Geometry evidence anchor_checks/L008_01980.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G021 Floor-kneeling single-arm low-rear overhead extension

Stable ID floor-kneeling-unilateral-low-rear-extension

Classification Eligible recorded movement variant

Movement family overhead-extension

Position evidence 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 evidence Low / behind

Hand path evidence 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 wording Exposed pale elastic tubes and red handle, visually identified; Exposed pale elastic tubes with red handle, visually identified

Primary interpretation Triceps brachii contributes as the elbows straighten.

Secondary interpretation Shoulder and forearm muscles guide the upper arms and grip.

Support interpretation Trunk and hip muscles steady the position and support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C090 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:33:38 to 00:33:54

Geometry evidence geometry-evidence/SET-C090_review.jpg

Source passage SET-C153 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:43:17 to 00:44:25

Geometry evidence geometry-evidence/SET-C153_review.jpg

Source passage SET-C244 | 20260829_060124.mp4 | 01:17:10 to 01:17:40

Geometry evidence geometry-evidence/SET-C244_review.jpg

Source passage SET-C245 | 20260829_060124.mp4 | 01:17:41 to 01:18:20

Geometry evidence geometry-evidence/SET-C245_review.jpg

Source passage SET-C246 | 20260829_060124.mp4 | 01:18:21 to 01:18:38

Geometry evidence geometry-evidence/SET-C246_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G022 Floor kneeling paired overhead extension

Stable ID floor-kneeling-paired-overhead-extension

Classification Eligible recorded movement variant

Movement family overhead-extension

Position evidence 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 evidence Low rear rack attachment below kneeling shoulder height; Low / behind and to sides; Low rear paired attachments; Low / behind at paired rack bases

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Exposed pale elastic tubes with handles, visually identified; Exposed pale elastic tubes with independent handles, visually identified

Primary interpretation Triceps brachii contributes during elbow extension. Torso movement is a separate component.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C091 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:33:55 to 00:34:18

Geometry evidence anchor_checks/L008_02040.jpg

Source passage SET-C092 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:34:19 to 00:34:40

Geometry evidence anchor_checks/L008_02040.jpg

Source passage SET-C122 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:16:57 to 00:17:20

Geometry evidence geometry-evidence/SET-C122_review.jpg

Source passage SET-C123 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:17:21 to 00:18:08

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C232 | 20260829_060124.mp4 | 01:04:20 to 01:05:37

Geometry evidence geometry-evidence/SET-C232_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G023 Wide-stance paired low-front draw and squat

Stable ID standing-inclined-paired-curl-draw

Classification Eligible recorded movement variant

Movement family rearward-arm-drive

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

Anchor evidence Low front paired attachments; Low / in front at paired rack bases

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Exposed pale elastic tubes with independent handles, visually identified

Primary interpretation Latissimus and posterior shoulder muscles contribute to the arm draw; quadriceps and hip extensors control the squat.

Secondary interpretation Elbow flexors and forearm muscles guide the independent grips.

Support interpretation Trunk muscles steady the wide stance.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C234 | 20260829_060124.mp4 | 01:06:17 to 01:06:51

Geometry evidence geometry-evidence/SET-C234_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G024 High-front shared draw with rising and lowering base

Stable ID high-front-two-hand-draw-squat

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High front rack attachment above standing head; High / in front; High front attachment; High front overhead attachment

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Anchored line; elastic construction visually inferred; Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Shoulder and back muscles control the upper-arm draw.

Secondary interpretation Elbow and forearm muscles steady the shared grip.

Support interpretation Trunk muscles control the torso; lower-body contacts are hidden in this view.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C103 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:47:14 to 00:48:06

Geometry evidence anchor_checks/L008_02850.jpg

Source passage SET-C108 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:04:28 to 00:05:47

Geometry evidence geometry-evidence/SET-C108_review.jpg

Source passage SET-C156 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:08:47 to 00:09:15

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C157 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:09:23 to 00:09:35

Geometry evidence detail_006_00560.jpg

Source passage SET-C158 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:09:38 to 00:09:56

Geometry evidence geometry-evidence/SET-C158_position.jpg

Source passage SET-C161 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:12:27 to 00:13:23

Geometry evidence detail_006_00560.jpg

Source passage SET-C176 | VID_20260724_063347.mp4 | 00:26:36 to 00:27:14

Geometry evidence anchor_checks/L016_01640.jpg

Source passage SET-C177 | VID_20260724_063347.mp4 | 00:27:15 to 00:27:36

Geometry evidence anchor_checks/L016_01640.jpg

Source passage SET-C178 | VID_20260724_063347.mp4 | 00:27:41 to 00:28:23

Geometry evidence anchor_checks/L016_01640.jpg

Source passage SET-C179 | VID_20260724_063347.mp4 | 00:28:38 to 00:29:02

Geometry evidence anchor_checks/L016_01640.jpg

Source passage SET-C262 | 20260829_060124.mp4 | 01:32:07 to 01:32:31

Geometry evidence geometry-evidence/SET-C262_review.jpg

Source passage SET-C321 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:37:14 to 00:38:30

Geometry evidence geometry-evidence/L006_02245_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G025 Box-supported kneeling paired high-rear grip control

Stable ID bench-supported-high-rear-downward-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

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

Anchor evidence High / behind

Hand path evidence Paired hand grips toward front/down below chest

Resistance direction Back/up toward high rear rack

Equipment wording Anchored line; elastic construction visually inferred

Primary interpretation Triceps and latissimus contribute when the elbows extend and upper arms draw down.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C106 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:02:12 to 00:03:15

Geometry evidence geometry-evidence/SET-C106_review.jpg

Source passage SET-C107 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:03:29 to 00:04:21

Geometry evidence geometry-evidence/SET-C107_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G026 Low-squat high-front draw / shared and single grip

Stable ID high-front-draw-low-base

Classification Eligible recorded movement variant

Movement family high-front-draw

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

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

Hand path evidence Loaded hand draws toward chest as knees flex; grip varies

Resistance direction Up/front along loaded line

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Quadriceps and hip muscles sustain the low squat; shoulder muscles control the upper-arm draw.

Secondary interpretation Elbow and forearm muscles control the changing grip.

Support interpretation Trunk muscles steady the low base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C109 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:06:07 to 00:07:20

Geometry evidence anchor_checks/L010_00420.jpg

Source passage SET-C110 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:07:21 to 00:07:54

Geometry evidence geometry-evidence/SET-C110_position.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G027 Standing high-line torso fold with grip variations

Stable ID standing-overhead-held-torso-lean

Classification Eligible recorded movement variant

Movement family torso-bow

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

Anchor evidence High / behind; High rear overhead attachment

Hand path evidence 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 wording Anchored line; elastic construction visually inferred; Anchored lines / construction unconfirmed

Primary interpretation Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

Secondary interpretation Shoulder, forearm and spinal muscles control the retained line and torso position.

Support interpretation Hip muscles and the shown floor or box contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C112 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:08:33 to 00:09:38

Geometry evidence geometry-evidence/SET-C112_review.jpg

Source passage SET-C160 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:11:24 to 00:12:22

Geometry evidence anchor_checks/SET-C160.jpg

Source passage SET-C170 | VID_20260724_063347.mp4 | 00:11:10 to 00:12:26

Geometry evidence anchor_checks/L016_00650.jpg

Source passage SET-C173 | VID_20260724_063347.mp4 | 00:23:50 to 00:24:44

Geometry evidence anchor_checks/L016_00650.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G028 Shoulder-braced paired side-line squat

Stable ID shoulder-braced-torso-bow

Classification Eligible recorded movement variant

Movement family torso-bow

Position evidence Standing narrow base; shoulders inclined

Anchor evidence Paired lateral rack attachments near standing waist height

Hand path evidence Bar/handles braced behind shoulders while torso inclines

Resistance direction Laterally toward rack attachments

Equipment wording Padded bar with paired anchored lines / construction unconfirmed

Primary interpretation Quadriceps and hip extensors control the squat.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C117 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:11:48 to 00:12:40

Geometry evidence anchor_checks/SET-C117.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G029 Paired low-rear line control with torso inclination

Stable ID standing-low-line-rearward-drive

Classification Eligible recorded movement variant

Movement family rearward-arm-drive

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

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

Hand path evidence 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 wording Exposed pale elastic tubes with independent handles, visually identified; Anchored lines / construction unconfirmed

Primary interpretation Trunk muscles control the inclination against the retained lines; anterior main regions are hidden in the rear view.

Secondary interpretation Shoulder, forearm and postural muscles guide the shown grip and torso position.

Support interpretation Hip muscles and the shown support contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C121 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:15:36 to 00:16:54

Geometry evidence geometry-evidence/SET-C121_position.jpg

Source passage SET-C124 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:18:10 to 00:18:44

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G030 Floor-kneeling alternating low-side arm opening

Stable ID floor-kneeling-wide-arm-drive

Classification Eligible recorded movement variant

Movement family wide-arm-drive

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

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

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Exposed elastic tubes with paired grips, visually identified

Primary interpretation Deltoid muscles raise and control the active upper arm.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C125 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:18:45 to 00:19:26

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C201 | VID_20260725_070834.mp4 | 00:12:15 to 00:12:47

Geometry evidence geometry-evidence/SET-C201_review.jpg

Source passage SET-C202 | VID_20260725_070834.mp4 | 00:12:48 to 00:12:50

Geometry evidence geometry-evidence/SET-C202_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G031 Standing head harness torso bow

Stable ID standing-head-harness-torso-bow

Classification Evidence only

Movement family head-harness-bow

Position evidence Standing inclined; head harness bears loaded line

Anchor evidence High / behind

Hand path evidence Hands free/near torso; head and torso bow together

Resistance direction Up/back through harness

Equipment wording Anchored line and visible head harness; construction inferred

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

Secondary interpretation Hip and leg muscles support the standing base.

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C142 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:32:01 to 00:32:54

Geometry evidence geometry-evidence/SET-C142_review.jpg

This group is retained to document the source but is excluded from exercise prescription. A visible gesture, transition, uncertain hold or head-harness sequence does not establish a usable exercise instruction.

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G032 Inclined shared-grip low-front curl

Stable ID standing-inclined-low-line-drive

Classification Eligible recorded movement variant

Movement family elbow-flexion

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

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

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Exposed pale elastic tubes with independent handles, visually identified

Primary interpretation Biceps and brachialis contribute as the elbows bend.

Secondary interpretation Shoulder, forearm and postural muscles guide the shown grip and torso position.

Support interpretation Hip muscles and the shown support contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C154 | 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:44:32 to 00:44:47

Geometry evidence anchor_checks/SET-C154.jpg

Source passage SET-C230 | 20260829_060124.mp4 | 01:02:44 to 01:03:08

Geometry evidence geometry-evidence/SET-C230_review.jpg

Source passage SET-C231 | 20260829_060124.mp4 | 01:03:09 to 01:04:12

Geometry evidence geometry-evidence/SET-C231_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G033 Floor-kneeling high-line torso fold

Stable ID floor-kneeling-overhead-held-torso-fold

Classification Eligible recorded movement variant

Movement family torso-bow

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

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

Hand path evidence 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 wording Anchored lines / construction unconfirmed

Primary interpretation Abdominal muscles contribute to forward torso folding and control; front muscles may be hidden in the rear view.

Secondary interpretation Shoulder, forearm and spinal muscles control the retained line and torso position.

Support interpretation Hip muscles and the shown floor or box contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C159 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:10:18 to 00:11:22

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source passage SET-C169 | VID_20260724_063347.mp4 | 00:10:03 to 00:11:09

Geometry evidence anchor_checks/L016_00650.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G034 Standing-to-squat shared high-front draw

Stable ID standing-backward-lean-high-front-paired-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High front attachment

Hand path evidence Two-hand downward draw toward chest/thighs with torso and knee motion

Resistance direction Up/front toward attachment

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Quadriceps and hip extensors control the squat; elbow flexors sustain the grip position.

Secondary interpretation Shoulder and forearm muscles guide the arm and grip.

Support interpretation Trunk muscles steady the torso over both feet.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C162 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:13:25 to 00:14:18

Geometry evidence geometry-evidence/SET-C162_position.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G035 Standing inclined paired high-rear arm sweep

Stable ID standing-paired-wide-arm-sweep

Classification Eligible recorded movement variant

Movement family wide-arm-drive

Position evidence Standing inclined, narrow-to-staggered base

Anchor evidence Paired high rear/side rack attachments

Hand path evidence Wide arms travel forward/up and return beside torso

Resistance direction Back/up toward rack attachments

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Latissimus contributes as the upper arms draw down toward the torso.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C163 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:14:59 to 00:16:21

Geometry evidence anchor_checks/SET-C163.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G036 Low-rear palm-grip forearm rotation

Stable ID bench-straddled-low-rear-arm-drive

Classification Eligible recorded movement variant

Movement family forearm-rotation

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

Anchor evidence Low rear paired rack attachments below the hips

Hand path evidence Handles drive rearward beside hips; shoulder/elbow contribution unresolved

Resistance direction Back/down toward rear attachments

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Forearm pronators and supinators control the palm orientation.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C164 | VID_20260724_063347.mp4 | 00:05:23 to 00:06:24

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G037 Standing paired low-rear overhead extension

Stable ID bench-straddled-overhead-extension

Classification Eligible recorded movement variant

Movement family overhead-extension

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

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

Hand path evidence Behind-head to forward/up for extension; alternating forward travel in C166

Resistance direction Back/down toward low rear rack attachments

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

Primary interpretation Triceps brachii straightens the elbows.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C165 | VID_20260724_063347.mp4 | 00:06:26 to 00:07:17

Geometry evidence ../edition_processing/source_L016_400.jpg

Source passage SET-C166 | VID_20260724_063347.mp4 | 00:07:29 to 00:08:06

Geometry evidence ../edition_processing/source_L016_400.jpg

Source passage SET-C167 | VID_20260724_063347.mp4 | 00:08:14 to 00:09:02

Geometry evidence ../edition_processing/source_L016_400.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G038 Standing shared-grip high-rear elbow extension

Stable ID standing-overhead-drive

Classification Eligible recorded movement variant

Movement family overhead-extension

Position evidence Standing; knee bend and torso inclination as described

Anchor evidence High rear overhead attachment

Hand path evidence From handles near head toward overhead reach

Resistance direction Back/up toward overhead attachment

Equipment wording Anchored lines / construction unconfirmed

Primary interpretation Triceps brachii straightens the elbows.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C168 | VID_20260724_063347.mp4 | 00:09:49 to 00:10:02

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G039 Standing inclined single-arm low-front curl

Stable ID standing-inclined-unilateral-curl

Classification Eligible recorded movement variant

Movement family elbow-flexion

Position evidence 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 evidence Low front/side rack attachment below hand level; Low / behind and to side; Low / in front at rack base

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Exposed pale elastic tubes with red handle, visually identified; Exposed pale elastic tubes with one handle, visually identified

Primary interpretation Biceps brachii and brachialis contribute as the working elbow bends.

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

Support interpretation Trunk and hip muscles steady the inclined stance.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C241 | 20260829_060124.mp4 | 01:13:57 to 01:14:40

Geometry evidence geometry-evidence/SET-C241_review.jpg

Source passage SET-C181 | VID_20260724_063347.mp4 | 00:36:19 to 00:36:56

Geometry evidence anchor_checks/L016_02190.jpg

Source passage SET-C182 | VID_20260724_063347.mp4 | 00:36:58 to 00:37:34

Geometry evidence anchor_checks/L016_02190.jpg

Source passage SET-C242 | 20260829_060124.mp4 | 01:14:45 to 01:15:24

Geometry evidence geometry-evidence/SET-C242_review.jpg

Source passage SET-C274 | VID_20260724_054350.mp4 | 00:23:46 to 00:23:57

Geometry evidence geometry-evidence/SET-C274_review.jpg

Source passage SET-C093 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:34:48 to 00:35:00

Geometry evidence Earlier sequential review and source checks recorded in review_coverage.json

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G040 Standing two hand single handle overhead extension

Stable ID standing-two-hand-single-handle-overhead-extension

Classification Eligible recorded movement variant

Movement family overhead-extension

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

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

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Triceps brachii contributes during elbow extension. Torso movement is a separate component.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C183 | VID_20260724_063347.mp4 | 00:37:36 to 00:38:03

Geometry evidence anchor_checks/L016_02260.jpg

Source passage SET-C325 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:42:16 to 00:43:11

Geometry evidence geometry-evidence/L006_02550_full.jpg

Source passage SET-C326 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:43:12 to 00:45:00

Geometry evidence geometry-evidence/L006_02550_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G041 Paired high-line arm opening with knee lift

Stable ID standing-two-hand-high-rear-overhead-drive

Classification Eligible recorded movement variant

Movement family wide-arm-drive

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

Anchor evidence High / behind and to side; High / behind

Hand path evidence 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 wording Anchored line; elastic construction visually inferred; Sleeved resistance-band line, visually inferred

Primary interpretation Posterior deltoids and latissimus dorsi guide the arm opening.

Secondary interpretation Triceps and forearm muscles steady elbows and grips.

Support interpretation Trunk and supporting-leg muscles steady the changing base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C184 | VID_20260725_070834.mp4 | 00:01:03 to 00:01:28

Geometry evidence geometry-evidence/SET-C184_review.jpg

Source passage SET-C290 | 20260829_060124.mp4 | 00:22:31 to 00:23:54

Geometry evidence geometry-evidence/L001_01350_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G042 Standing high front wide arm sweep

Stable ID standing-high-front-wide-arm-sweep

Classification Eligible recorded movement variant

Movement family wide-arm-drive

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

Anchor evidence High / in front at paired rack points

Hand path evidence Independent handles sweep between lower/side and overhead positions

Resistance direction Up/front toward paired rack points

Equipment wording Exposed elastic tubes with independent handles, visually identified

Primary interpretation 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 interpretation Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C186 | VID_20260725_070834.mp4 | 00:02:56 to 00:03:34

Geometry evidence geometry-evidence/SET-C186_review.jpg

Source passage SET-C187 | VID_20260725_070834.mp4 | 00:03:35 to 00:04:33

Geometry evidence geometry-evidence/SET-C187_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G043 Standing inclined high rear wide arm drive

Stable ID standing-inclined-high-rear-wide-arm-drive

Classification Eligible recorded movement variant

Movement family wide-arm-drive

Position evidence Standing, knees flexed and torso deeply inclined

Anchor evidence High / behind

Hand path evidence Independent handles at sides sweep/drive as torso folds

Resistance direction Back/up toward paired rack points

Equipment wording Exposed elastic tubes with independent handles, visually identified

Primary interpretation 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 interpretation Scapular muscles guide the shoulder blades; forearm and elbow muscles control the handles.

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C188 | VID_20260725_070834.mp4 | 00:04:34 to 00:05:35

Geometry evidence geometry-evidence/SET-C188_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G044 Standing paired high-rear palm-grip control

Stable ID standing-alternating-high-front-draw

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

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

Anchor evidence High / in front

Hand path evidence 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 wording Exposed elastic tubes with independent handles, visually identified; Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Front deltoids control the upper arms against the rearward lines.

Secondary interpretation Triceps and forearm muscles steady the elbows and palm contacts.

Support interpretation Trunk and hip muscles steady the standing base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C189 | VID_20260725_070834.mp4 | 00:05:36 to 00:05:50

Geometry evidence geometry-evidence/SET-C189_review.jpg

Source passage SET-C191 | VID_20260725_070834.mp4 | 00:06:32 to 00:07:04

Geometry evidence geometry-evidence/SET-C191_review.jpg

Source passage SET-C305 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:17:36 to 00:18:15

Geometry evidence geometry-evidence/L006_01070_full.jpg

Source passage SET-C306 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:18:16 to 00:18:25

Geometry evidence geometry-evidence/L006_01070_full.jpg

Source passage SET-C307 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:18:26 to 00:19:07

Geometry evidence geometry-evidence/L006_01070_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G045 Floor kneeling paired high front draw

Stable ID floor-kneeling-paired-high-front-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

Position evidence Both knees on floor; torso bows; Both knees on floor

Anchor evidence High / in front

Hand path evidence 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 wording Exposed elastic tubes with independent handles, visually identified; Exposed elastic tubes with handle attachment, visually identified

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

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C190 | VID_20260725_070834.mp4 | 00:05:51 to 00:06:31

Geometry evidence geometry-evidence/SET-C190_review.jpg

Source passage SET-C304 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:16:28 to 00:17:20

Geometry evidence geometry-evidence/L006_01005_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G046 Standing inclined single-arm front-line draw

Stable ID standing-inclined-unilateral-high-front-band-curl-draw

Classification Eligible recorded movement variant

Movement family elbow-flexion

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

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

Hand path evidence 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 wording Sleeved resistance-band line, visually inferred

Primary interpretation Elbow flexors contribute as the working elbow bends; anterior regions may be hidden in this rear view.

Secondary interpretation Shoulder and forearm muscles control the retained grip and upper arm.

Support interpretation Trunk and hip muscles steady the inclined stance.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C205 | VID_20260725_070834.mp4 | 00:14:00 to 00:14:35

Geometry evidence geometry-evidence/L026_00860_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G047 Standing single handle band sweep reposition

Stable ID standing-single-handle-band-sweep-reposition

Classification Evidence only

Movement family line-hold

Position evidence Standing and turning; feet on floor

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

Hand path evidence Single hand moves from lateral to overhead while turning

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

Equipment wording Sleeved resistance-band line, visually inferred

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

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C217 | VID_20260725_070834.mp4 | 00:26:31 to 00:26:53

Geometry evidence geometry-evidence/L026_01605_full.jpg

This group is retained to document the source but is excluded from exercise prescription. A visible gesture, transition, uncertain hold or head-harness sequence does not establish a usable exercise instruction.

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G048 Standing single-arm rearward drive with torso incline

Stable ID standing-unilateral-band-overhead-arm-drive-with-lateral-torso-inclination

Classification Eligible recorded movement variant

Movement family rearward-arm-drive

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

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

Hand path evidence Working hand overhead/lateral; elbow and shoulder action combined

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

Equipment wording Sleeved resistance-band line, visually inferred

Primary interpretation Posterior shoulder and triceps muscles control the rearward arm drive.

Secondary interpretation Scapular and forearm muscles guide the grip.

Support interpretation Trunk and hip muscles steady the inclined stance.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C218 | VID_20260725_070834.mp4 | 00:26:54 to 00:27:18

Geometry evidence geometry-evidence/L026_01625_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G049 Standing inclined single-arm downward drive

Stable ID standing-inclined-unilateral-band-overhead-arm-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

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

Anchor evidence Near head / behind-side body

Hand path evidence Working hand moves overhead and toward head; free hand unconnected

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

Equipment wording Sleeved resistance-band line, visually inferred

Primary interpretation Triceps, latissimus and posterior shoulder muscles contribute to the combined elbow and upper-arm action.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C219 | VID_20260725_070834.mp4 | 00:27:19 to 00:27:38

Geometry evidence geometry-evidence/L026_01645_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G050 Low-base single-arm high-side line control

Stable ID deep-squat-unilateral-high-side-band-draw-hold

Classification Eligible recorded movement variant

Movement family line-hold

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

Anchor evidence High relative to squat / side

Hand path evidence Working hand lateral to chest/head while body lowers

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

Equipment wording Sleeved resistance-band line, visually inferred

Primary interpretation Front deltoid and chest muscles control the retained upper arm; trunk muscles resist the side pull.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C220 | VID_20260725_070834.mp4 | 00:27:39 to 00:28:34

Geometry evidence geometry-evidence/L026_01690_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G051 Standing shared-grip downward draw

Stable ID standing-two-hand-single-band-pressdown-draw

Classification Eligible recorded movement variant

Movement family shared-downward-draw

Position evidence Standing with slight torso inclination

Anchor evidence Near head / front-side body

Hand path evidence Both hands on one handle move from head/chest toward thighs

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

Equipment wording Sleeved resistance-band line, visually inferred

Primary interpretation Triceps contributes as the elbows straighten; latissimus dorsi guides the upper arms down toward the torso.

Secondary interpretation Shoulder and forearm muscles guide the upper arms and grip.

Support interpretation Trunk and hip muscles steady the position and support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C221 | VID_20260725_070834.mp4 | 00:28:35 to 00:28:59

Geometry evidence geometry-evidence/L026_01725_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G052 Shared-grip downward draw with lowering base

Stable ID deep-squat-two-hand-single-band-downward-draw

Classification Eligible recorded movement variant

Movement family shared-downward-draw

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

Anchor evidence High relative to squat / front-side body

Hand path evidence Both hands draw down toward knees as torso folds

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

Equipment wording Sleeved resistance-band line, visually inferred

Primary interpretation Triceps contributes as the elbows straighten; latissimus dorsi guides the upper arms down toward the torso.

Secondary interpretation Shoulder and forearm muscles guide the upper arms and grip.

Support interpretation Trunk and hip muscles steady the position and support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C222 | VID_20260725_070834.mp4 | 00:29:00 to 00:29:19

Geometry evidence geometry-evidence/L026_01750_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G053 Floor-kneeling right-arm high-side torso fold

Stable ID floor-kneeling-two-hand-single-band-overhead-arm-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

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

Anchor evidence Above kneeling head / behind-side body

Hand path evidence 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 wording Sleeved resistance-band line, visually inferred

Primary interpretation Anterior trunk muscles contribute to forward and side folding against the retained line.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C224 | VID_20260725_070834.mp4 | 00:29:36 to 00:30:07

Geometry evidence geometry-evidence/L026_01790_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G054 Single-arm high-side line hold with lowering base

Stable ID standing-unilateral-band-overhead-hold-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

Position evidence Standing; one hand overhead and other free

Anchor evidence Near head / behind-side body

Hand path evidence One hand raised overhead then torso inclines

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

Equipment wording Sleeved resistance-band line, visually inferred

Primary interpretation Trunk and hip muscles control the lowering base against the retained high-side line.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C225 | VID_20260725_070834.mp4 | 00:30:12 to 00:30:20

Geometry evidence geometry-evidence/L026_01815_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G055 Floor-kneeling left-arm high-side torso fold

Stable ID floor-kneeling-unilateral-band-overhead-arm-drive

Classification Eligible recorded movement variant

Movement family overhead-arm-drive

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

Anchor evidence Above kneeling head / behind-side body

Hand path evidence 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 wording Sleeved resistance-band line, visually inferred

Primary interpretation Anterior trunk muscles contribute to the fold; hidden regions are described rather than colored on the back.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C226 | VID_20260725_070834.mp4 | 00:30:21 to 00:30:44

Geometry evidence geometry-evidence/L026_01835_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G056 Front waist bar torso bow

Stable ID front-waist-bar-torso-bow

Classification Eligible recorded movement variant

Movement family torso-bow

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

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

Hand path evidence Bar braced in front of waist; torso folds while hands are free

Resistance direction Back and slightly upward toward side rack points

Equipment wording Padded bar with paired exposed elastic tubes

Primary interpretation Trunk muscles control the deep forward inclination against the retained waist-bar lines.

Secondary interpretation Spinal extensors and hip muscles contribute to controlling the hinge and return.

Support interpretation Leg and ankle muscles steady both feet on the floor.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C228 | 20260829_060124.mp4 | 00:59:15 to 01:00:28

Geometry evidence geometry-evidence/SET-C228_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G057 Standing low line hold

Stable ID standing-low-line-hold

Classification Evidence only

Movement family line-hold

Position evidence Standing; handles near hips

Anchor evidence Low / behind and to sides

Hand path evidence Paired low handle hold with short drive

Resistance direction Down/back toward low paired points

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

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

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C233 | 20260829_060124.mp4 | 01:05:44 to 01:06:15

Geometry evidence geometry-evidence/SET-C233_review.jpg

This group is retained to document the source but is excluded from exercise prescription. A visible gesture, transition, uncertain hold or head-harness sequence does not establish a usable exercise instruction.

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G058 Standing alternating low front curl

Stable ID standing-alternating-low-front-curl

Classification Eligible recorded movement variant

Movement family elbow-flexion

Position evidence Standing; each hand retains one grip

Anchor evidence Low / in front at paired rack bases

Hand path evidence Alternating elbow flexion brings handle toward shoulder

Resistance direction Down/front toward low crossed attachments

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

Primary interpretation Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C235 | 20260829_060124.mp4 | 01:07:06 to 01:08:20

Geometry evidence geometry-evidence/SET-C235_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G059 Standing mid side band bar pressdown

Stable ID standing-mid-side-band-bar-pressdown

Classification Eligible recorded movement variant

Movement family bar-pressdown

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

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

Hand path evidence Hands drive bar down toward thighs as elbows extend

Resistance direction Up/back toward paired side rack points

Equipment wording Bar with paired exposed elastic tubes, visually identified

Primary interpretation Triceps brachii contributes during elbow extension as the bar descends.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C236 | 20260829_060124.mp4 | 01:10:32 to 01:10:44

Geometry evidence geometry-evidence/SET-C236_review.jpg

Source passage SET-C238 | 20260829_060124.mp4 | 01:11:32 to 01:12:05

Geometry evidence geometry-evidence/SET-C238_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G060 Floor-kneeling paired side-line bar draw

Stable ID floor-kneeling-mid-side-bar-draw

Classification Eligible recorded movement variant

Movement family side-draw

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

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

Hand path evidence Bar near face/chest then down as torso folds and elbows extend

Resistance direction Up/back toward paired side rack points

Equipment wording Bar with paired exposed elastic tubes, visually identified

Primary interpretation Elbow flexors bend the elbows; latissimus dorsi guides the upper arms toward the torso.

Secondary interpretation Shoulder and forearm muscles guide the bar and grips.

Support interpretation Trunk and hip muscles steady both knees on the floor.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C237 | 20260829_060124.mp4 | 01:10:45 to 01:11:29

Geometry evidence geometry-evidence/SET-C237_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G061 Floor low base unilateral curl

Stable ID floor-low-base-unilateral-curl

Classification Eligible recorded movement variant

Movement family elbow-flexion

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

Anchor evidence Low / behind and to side

Hand path evidence One red handle toward torso as elbow flexes; free hand at thigh

Resistance direction Down/back toward low side point

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

Primary interpretation Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C239 | 20260829_060124.mp4 | 01:12:54 to 01:13:17

Geometry evidence geometry-evidence/SET-C239_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G062 Deep squat unilateral low line curl

Stable ID deep-squat-unilateral-low-line-curl

Classification Eligible recorded movement variant

Movement family elbow-flexion

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

Anchor evidence Low / behind and to side

Hand path evidence One red handle toward torso with free hand on thigh

Resistance direction Down/back toward low side point

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

Primary interpretation Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C240 | 20260829_060124.mp4 | 01:13:21 to 01:13:42

Geometry evidence geometry-evidence/SET-C240_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G063 Deep squat two hand single handle curl

Stable ID deep-squat-two-hand-single-handle-curl

Classification Eligible recorded movement variant

Movement family elbow-flexion

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

Anchor evidence Low / in front

Hand path evidence 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 wording Exposed pale elastic tubes with red handle, visually identified; Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C243 | 20260829_060124.mp4 | 01:15:43 to 01:16:48

Geometry evidence geometry-evidence/SET-C243_review.jpg

Source passage SET-C328 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:45:20 to 00:46:05

Geometry evidence geometry-evidence/L006_02740_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G064 Floor-kneeling shared-grip low-rear overhead extension

Stable ID floor-kneeling-two-hand-single-handle-low-rear-extension

Classification Eligible recorded movement variant

Movement family overhead-extension

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

Anchor evidence Low / behind

Hand path evidence Shared red handle behind head toward overhead as elbows extend

Resistance direction Back/down toward low rear rack

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

Primary interpretation Triceps brachii contributes as the elbows straighten.

Secondary interpretation Shoulder and forearm muscles guide the upper arms and grip.

Support interpretation Trunk and hip muscles steady the position and support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C247 | 20260829_060124.mp4 | 01:18:39 to 01:19:38

Geometry evidence geometry-evidence/SET-C247_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G065 Single-arm side-line chest and shoulder control

Stable ID standing-side-line-unilateral-draw

Classification Eligible recorded movement variant

Movement family side-draw

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

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

Hand path evidence 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 wording Exposed paired tubes into single handle; terminal anchor cropped

Primary interpretation Pectoralis major and front deltoid control the working upper arm against the side-rear line.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C250 | 20260829_060124.mp4 | 01:25:40 to 01:26:12

Geometry evidence geometry-evidence/SET-C250_review.jpg

Source passage SET-C251 | 20260829_060124.mp4 | 01:26:33 to 01:27:00

Geometry evidence geometry-evidence/SET-C251_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G066 Shared-grip side-line anti-rotation reach

Stable ID standing-two-hand-single-handle-side-draw

Classification Eligible recorded movement variant

Movement family anti-rotation

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

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

Hand path evidence Shared handle held/drawn across front at chest level

Resistance direction Down/side along incoming line

Equipment wording Exposed paired elastic tubes into shared handle

Primary interpretation Abdominal wall and obliques resist rotation as the hands reach away from the chest.

Secondary interpretation Shoulder, forearm and postural muscles guide the shown grip and torso position.

Support interpretation Hip muscles and the shown support contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C252 | 20260829_060124.mp4 | 01:27:12 to 01:27:55

Geometry evidence geometry-evidence/SET-C252_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G067 Single-leg balance with high-front grip

Stable ID standing-high-front-draw-leg-lift

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High / in front and to side

Hand path evidence One grip near chest/head with overhead return and leg lift

Resistance direction Up/front toward overhead rack

Equipment wording Anchored line; elastic construction visually inferred

Primary interpretation Hip abductors or extensors lift the free leg, depending on its direction.

Secondary interpretation Shoulder and forearm muscles control the loaded hand grip.

Support interpretation Supporting-leg and trunk muscles steady the single-leg stance.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C254 | 20260829_060124.mp4 | 01:28:48 to 01:29:12

Geometry evidence geometry-evidence/SET-C254_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G068 Sandbag-kneeling single-arm high-front draw

Stable ID sandbag-kneeling-unilateral-high-front-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High / in front

Hand path evidence 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 wording Anchored line; elastic construction visually inferred; Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Latissimus dorsi and posterior shoulder muscles control the upper-arm draw.

Secondary interpretation Elbow and forearm muscles control the working grip.

Support interpretation Trunk and hip muscles steady the kneeling support.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C257 | 20260829_060124.mp4 | 01:29:43 to 01:29:58

Geometry evidence geometry-evidence/SET-C257_review.jpg

Source passage SET-C320 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:35:08 to 00:36:31

Geometry evidence geometry-evidence/L006_02130_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G069 Sandbag-kneeling high-front draw and torso fold

Stable ID sandbag-kneeling-high-front-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High / in front

Hand path evidence 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 wording Anchored line; elastic construction visually inferred; Sleeved resistance-band line, visually inferred; Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Latissimus dorsi guides the arm draw; triceps contributes as the elbows extend; abdominal muscles contribute to the torso fold.

Secondary interpretation Forearm and shoulder-blade muscles guide the grips and arms.

Support interpretation Hip muscles steady the kneeling base on the support.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C258 | 20260829_060124.mp4 | 01:29:59 to 01:31:07

Geometry evidence geometry-evidence/SET-C258_review.jpg

Source passage SET-C293 | 20260829_060124.mp4 | 00:26:24 to 00:27:03

Geometry evidence geometry-evidence/L001_01585_contact.jpg

Source passage SET-C295 | 20260829_060124.mp4 | 00:27:26 to 00:28:18

Geometry evidence geometry-evidence/L001_01585_contact.jpg

Source passage SET-C316 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:31:52 to 00:32:10

Geometry evidence geometry-evidence/L006_01930_full.jpg

Source passage SET-C317 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:32:11 to 00:32:14

Geometry evidence geometry-evidence/L006_01930_full.jpg

Source passage SET-C318 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:32:15 to 00:33:20

Geometry evidence geometry-evidence/L006_01930_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G070 Low-squat high-front draw with lateral weight shift

Stable ID high-front-draw-lateral-squat

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High / in front and to side

Hand path evidence Two grips draw toward front/chest while base shifts laterally

Resistance direction Up/front-side toward overhead rack

Equipment wording Anchored line; elastic construction visually inferred

Primary interpretation Quadriceps and hip extensors control the low squat.

Secondary interpretation Hip adductors guide the lateral transfer; forearm and shoulder muscles control the grips.

Support interpretation Trunk muscles steady the torso over the planted feet.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C260 | 20260829_060124.mp4 | 01:31:33 to 01:31:54

Geometry evidence geometry-evidence/SET-C260_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G071 Standing high-front draw / shared-to-single grip

Stable ID standing-unilateral-high-front-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

Position evidence Standing; one active handle

Anchor evidence High / in front

Hand path evidence One hand draws toward upper torso/face and returns upward

Resistance direction Up/front toward rack

Equipment wording Exposed elastic tubes and handle, visually identified

Primary interpretation Latissimus dorsi controls the upper-arm draw.

Secondary interpretation Elbow and shoulder-blade muscles guide the arm; forearms control the grip.

Support interpretation Trunk and hip muscles steady the standing base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C263 | VID_20260724_054350.mp4 | 00:18:29 to 00:19:08

Geometry evidence geometry-evidence/L022_01130_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G072 Box seated two hand high front draw

Stable ID box-seated-two-hand-high-front-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High / in front

Hand path evidence Both hands share one handle; downward toward chest with torso fold

Resistance direction Up/front toward rack

Equipment wording Exposed elastic tubes and handle, visually identified

Primary interpretation Latissimus dorsi guides the arm draw; triceps controls elbow extension. Abdominal muscles contribute to the torso fold.

Secondary interpretation Forearm muscles maintain the shared grip; shoulder-blade muscles control the arm path.

Support interpretation The hips and floor or box contacts steady the base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C264 | VID_20260724_054350.mp4 | 00:19:19 to 00:19:44

Geometry evidence geometry-evidence/L022_01170_full.jpg

Source passage SET-C265 | VID_20260724_054350.mp4 | 00:19:45 to 00:20:20

Geometry evidence geometry-evidence/L022_01170_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G073 Paired palm-grip opening with upper-back padded bridge

Stable ID upper-back-braced-arm-opening

Classification Eligible recorded movement variant

Movement family wide-arm-drive

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

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

Hand path evidence 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 wording Anchored upper-back webbing / sleeved line; elastic construction inferred; Sleeved anchored line with webbing upper-back attachment; elastic construction inferred

Primary interpretation Posterior deltoid and scapular muscles control the open-arm position.

Secondary interpretation Forearm muscles maintain the palm contacts and wrist position.

Support interpretation Trunk muscles steady the torso.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C266 | VID_20260724_054350.mp4 | 00:20:21 to 00:20:37

Geometry evidence geometry-evidence/SET-C266_review.jpg

Source passage SET-C322 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:38:40 to 00:39:07

Geometry evidence geometry-evidence/L006_02330_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G074 Standing single-arm high-rear elbow extension

Stable ID standing-unilateral-high-rear-overhead-drive

Classification Eligible recorded movement variant

Movement family overhead-extension

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

Anchor evidence High / behind and to side; High / behind

Hand path evidence 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 wording Sleeved resistance-band line, visually inferred; Sleeved anchored line with single handle; elastic construction inferred

Primary interpretation Triceps brachii straightens the working elbow.

Secondary interpretation Shoulder, elbow and forearm muscles control the shown arm path and retained grip.

Support interpretation Trunk and hip muscles steady the shown support contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C269 | VID_20260724_054350.mp4 | 00:21:28 to 00:22:22

Geometry evidence geometry-evidence/L022_01320_full.jpg

Source passage SET-C324 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:40:45 to 00:41:47

Geometry evidence geometry-evidence/L006_02470_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G075 Standing inclined low-front triceps extension

Stable ID standing-low-front-unilateral-short-draw

Classification Eligible recorded movement variant

Movement family elbow-extension

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

Anchor evidence Low / in front at rack base

Hand path evidence One handle retained beside hip during short arm/torso draw

Resistance direction Down/front toward low rack point

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

Primary interpretation Triceps brachii straightens the working elbow.

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

Support interpretation Trunk and hip muscles steady the inclined standing base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C275 | VID_20260724_054350.mp4 | 00:24:00 to 00:24:11

Geometry evidence geometry-evidence/SET-C275_review.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G076 Standing supported high front curl

Stable ID standing-supported-high-front-curl

Classification Eligible recorded movement variant

Movement family elbow-flexion

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

Anchor evidence High / in front

Hand path evidence Single hand toward upper torso/face with elbow flexion

Resistance direction Up/front toward rack

Equipment wording Sleeved resistance-band line, visually inferred

Primary interpretation Biceps brachii, brachialis and brachioradialis contribute to elbow flexion.

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

Support interpretation Trunk control and the floor or box contacts shown.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C291 | 20260829_060124.mp4 | 00:24:03 to 00:24:47

Geometry evidence geometry-evidence/L001_01460_full.jpg

Source passage SET-C292 | 20260829_060124.mp4 | 00:24:57 to 00:25:58

Geometry evidence geometry-evidence/L001_01520_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G077 Sandbag-supported kneeling high-front draw

Stable ID sandbag-supported-kneeling-high-front-draw

Classification Eligible recorded movement variant

Movement family high-front-draw

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

Anchor evidence High / in front

Hand path evidence Paired handles overhead then toward head/chest as torso folds

Resistance direction Up/front toward rack

Equipment wording Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Latissimus dorsi guides the upper arms toward the trunk.

Secondary interpretation Elbow flexors, scapular muscles and forearms control the draw and grip.

Support interpretation Trunk and hip muscles steady the kneeling base.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C319 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:33:23 to 00:34:46

Geometry evidence geometry-evidence/L006_02050_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G078 Upper back braced torso bow

Stable ID upper-back-braced-torso-bow

Classification Eligible recorded movement variant

Movement family torso-bow

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

Anchor evidence High / behind

Hand path evidence Attachment across upper back; torso bows forward and returns

Resistance direction Up/back toward rack

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

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

Secondary interpretation Spinal extensors and posterior leg muscles control torso and hip position.

Support interpretation Hip and ankle muscles steady the floor contacts.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C323 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:39:12 to 00:40:05

Geometry evidence geometry-evidence/L006_02370_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G079 Standing shared-grip low-front arm raise with torso hinge

Stable ID standing-inclined-two-hand-single-handle-curl

Classification Eligible recorded movement variant

Movement family low-front-arm-raise

Position evidence Standing, knees flexed and torso inclined

Anchor evidence Low / in front

Hand path evidence Shared grip moves forward/up as the torso rises; elbows remain relatively extended

Resistance direction Down/front toward low rack

Equipment wording Exposed elastic tubes with handle attachment, visually identified

Primary interpretation Front deltoids guide the arm raise; hip extensors help bring the torso toward upright.

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

Support interpretation Trunk muscles steady the spine and the planted feet support the stance.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C327 | 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:45:04 to 00:45:19

Geometry evidence geometry-evidence/L006_02710_full.jpg

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

G080 Standing low-side forearm and grip rotation

Stable ID standing-low-side-forearm-rotation

Classification Eligible recorded movement variant

Movement family forearm-rotation

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

Anchor evidence Low side attachment beside rig base

Hand path evidence 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 wording Anchored lines / construction unconfirmed; Exposed pale elastic tubes with one red handle, visually identified

Primary interpretation Forearm muscles control rotation and the grip.

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

Support interpretation The stance and trunk steady the body.

Record status Source-reviewed movement variant; exact working-set/repetition counts separate

Recorded repetitions verified False

Source passage SET-C086 | ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:31:20 to 00:31:26

Geometry evidence Previously reviewed source frames and sequential L008 31:20â€“32:18

Source [S01 S02]. Multiple passages can support one group. Group names describe the reviewed source or a qualified interpretation; they do not establish exact working-set boundaries.

Canonical technique provenance

This register contains 31 canonical technique entries. It records identity, provenance and anatomical interpretation only. Illustrations, set allocations, repetitions, resistance assignments and step-by-step exercise instructions are omitted. The current programme and technique guides remain separate training documents. [S01]

T01 PLYOSOFT box-supported one-arm row

Stable ID row

Origin Kinetics - bench-supported unilateral row

Record kind Existing accepted or compiled technique

Movement pattern Pull / back

Primary interpretation Latissimus dorsi: draws the upper arm back toward the trunk.

Secondary interpretation Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

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

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T02 Supported single-arm chest press

Stable ID press

Origin Supported adaptation to complement the personal pull/triceps library

Record kind Existing accepted or compiled technique

Movement pattern Push / chest

Primary interpretation Pectoralis major: moves the upper arm forward and across the chest.

Secondary interpretation Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

Support interpretation Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T03 Seated straight-bar pressdown

Stable ID pressdown

Origin Kinetics - seated straight-bar pressdowns

Record kind Existing accepted or compiled technique

Movement pattern Elbow extension / triceps

Primary interpretation Triceps brachii: straightens the elbow.

Secondary interpretation Forearm muscles steady the grip and wrist; shoulder muscles hold the upper arms beside the torso.

Support interpretation Trunk muscles hold a quiet seated posture; both feet and the box provide support.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T04 Short-arc shoulder raise

Stable ID lateral

Origin Unloaded supported adaptation

Record kind Existing accepted or compiled technique

Movement pattern Shoulder control

Primary interpretation Middle deltoid contributes to lifting the arm out to the side.

Secondary interpretation Supraspinatus assists the lift; rotator-cuff and scapular muscles coordinate the shoulder.

Support interpretation Trunk muscles and planted feet keep the torso quiet; a box supports the seated base.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T05 Seated brace with normal breathing

Stable ID brace

Origin Supported core-control adaptation

Record kind Existing accepted or compiled technique

Movement pattern Trunk stability

Primary interpretation Abdominal wall: develops gentle trunk stiffness while breathing.

Secondary interpretation Deep spinal stabilizers cooperate with the abdominal wall; breathing muscles continue their normal work.

Support interpretation box contact and planted feet steady the pelvis. Hip and leg muscles provide light postural support.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T06 Supported sit-to-stand

Stable ID sit-stand

Origin Supported lower-body complement

Record kind Existing accepted or compiled technique

Movement pattern Knee / hip extension

Primary interpretation Quadriceps and gluteus maximus raise the body from the box.

Secondary interpretation Hamstrings and hip muscles coordinate the hip and knee movement.

Support interpretation Trunk and ankle muscles help balance the body over the feet; the box marks the return position.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T07 Seated single-leg band curl

Stable ID hamstring-curl

Origin Supported hamstring adaptation

Record kind Existing accepted or compiled technique

Movement pattern Knee flexion

Primary interpretation Hamstrings bend the knee, drawing the heel back.

Secondary interpretation Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

Support interpretation box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T08 Supported calf raise

Stable ID calf-raise

Origin Supported lower-leg complement

Record kind Existing accepted or compiled technique

Movement pattern Ankle plantarflexion

Primary interpretation Gastrocnemius and soleus lift the heels.

Secondary interpretation Other lower-leg and foot muscles control ankle alignment.

Support interpretation Hip and trunk muscles keep the body upright; hands on a fixed support assist balance.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T09 Supported side leg lift

Stable ID hip-abduction

Origin Supported hip-control complement

Record kind Existing accepted or compiled technique

Movement pattern Hip abduction

Primary interpretation Gluteus medius and minimus lift the thigh away from the midline.

Secondary interpretation Tensor fasciae latae assists; other hip muscles coordinate the leg position.

Support interpretation The stance-side hip, trunk and ankle muscles steady the pelvis; hands assist balance on a fixed support.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T10 Supported shoulder-blade control

Stable ID scapular-control

Origin Unloaded preparation for the personal pulling library

Record kind Existing accepted or compiled technique

Movement pattern Scapular control

Primary interpretation Middle trapezius and rhomboids gently retract the shoulder blades.

Secondary interpretation Posterior shoulder and rotator-cuff muscles help steady the arms while the shoulder blades move. Use a gentle movement, not a maximal squeeze.

Support interpretation box, feet and light trunk control maintain an upright seated position.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T11 Seated neutral-grip curl

Stable ID curl

Origin Supported arm-training complement

Record kind Existing accepted or compiled technique

Movement pattern Elbow flexion

Primary interpretation Brachialis, biceps brachii and brachioradialis bend the elbow.

Secondary interpretation Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

Support interpretation box, feet and trunk control keep the pelvis and torso still.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T12 Supported backward leg lift

Stable ID hip-extension

Origin Easy full-body support complement

Record kind Existing accepted or compiled technique

Movement pattern Hip extension

Primary interpretation Gluteus maximus moves the thigh backward.

Secondary interpretation Hamstrings assist hip extension.

Support interpretation Stance-leg hip and ankle muscles and trunk control keep the pelvis level; hands assist balance on a fixed support.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T13 Box-kneeling elbow extension

Stable ID box-kneeling-extension

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern Elbow extension with torso movement

Primary interpretation Triceps brachii extends the elbows. The recorded torso fold is an additional movement, not isolated triceps work.

Secondary interpretation Shoulder muscles control upper-arm position; forearm muscles stabilize the handles.

Support interpretation Trunk muscles control the inclined torso. Both knees contact the padded box and form the support base.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T14 Floor-kneeling overhead band extension

Stable ID floor-kneeling-overhead-extension

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern Elbow extension / triceps

Primary interpretation Triceps brachii extends the elbows as the handles move overhead.

Secondary interpretation Shoulder muscles steady the upper arms; forearm muscles maintain each handle grip.

Support interpretation Both knees and shins contact the floor. Trunk and hip muscles maintain the kneeling posture.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T15 Supported high-front band curl

Stable ID supported-high-front-curl

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern Elbow flexion / standing inclined support

Primary interpretation Biceps brachii, brachialis and brachioradialis flex the working elbow.

Secondary interpretation Forearm muscles maintain grip; shoulder muscles control the upper arm. The free arm supports the torso.

Support interpretation Abdominal, spinal and hip stabilizers control the incline. Both feet and the support hand form the base.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T16 Standing shared-handle overhead extension

Stable ID standing-shared-low-rear-overhead-extension

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern Elbow extension / two hands on one handle

Primary interpretation Triceps brachii extends both elbows as the shared handle moves overhead.

Secondary interpretation Shoulder muscles control upper-arm position; forearm muscles hold the shared grip.

Support interpretation Trunk and hip stabilizers maintain the standing posture. Both feet form the base in the illustrated version.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T17 Floor-kneeling high-front paired draw

Stable ID floor-kneeling-high-front-paired-draw

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern High-front pulling / two independent handles

Primary interpretation Elbow flexors and latissimus dorsi contribute as the elbows bend and upper arms draw down toward the trunk.

Secondary interpretation Scapular muscles and rear shoulder muscles guide the arm path; forearm muscles hold the handles.

Support interpretation Abdominal, spinal and hip muscles stabilize the kneeling trunk. Both knees and lower legs form the floor base.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T18 Standing band-bar pressdown

Stable ID standing-mid-side-band-bar-pressdown

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern Elbow extension / paired side lines and rigid bar

Primary interpretation Triceps brachii extends the elbows during the downward bar phase.

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

Support interpretation Trunk and hip stabilizers control the standing position. Both feet form the floor base.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T19 Shoulder band-bar squat

Stable ID shoulder-band-bar-squat

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern Lower-body / shoulder-level band bar

Primary interpretation Quadriceps and hip extensors contribute to standing from the squat.

Secondary interpretation Hamstrings and spinal extensors assist hip and trunk control; shoulder and arm muscles stabilize the bar.

Support interpretation Abdominal muscles stabilize the torso, with feet planted on the floor. Ankle and calf muscles control the base.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T20 Standing alternating low-front curl

Stable ID standing-curl

Origin Personal training recording

Record kind Existing accepted or compiled technique

Movement pattern Elbow flexion / biceps

Primary interpretation Biceps brachii, brachialis and brachioradialis bend the elbow.

Secondary interpretation Forearm muscles steady the grip; shoulder muscles maintain upper-arm position.

Support interpretation Trunk and hip muscles steady the standing posture; both feet form the base.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T21 PLYOSOFT box-supported one-arm row / Pilates pair

Stable ID pilates-row

Origin Kinetics - bench-supported unilateral row

Record kind Existing accepted or compiled technique

Movement pattern Pull / back

Primary interpretation Latissimus dorsi: draws the upper arm back toward the trunk.

Secondary interpretation Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

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

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T22 Supported single-arm chest press / Pilates pair

Stable ID pilates-press

Origin Supported adaptation to complement the personal pull/triceps library

Record kind Existing accepted or compiled technique

Movement pattern Push / chest

Primary interpretation Pectoralis major: moves the upper arm forward and across the chest.

Secondary interpretation Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

Support interpretation Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T23 Seated single-leg band curl / Pilates pair

Stable ID pilates-hamstring-curl

Origin Supported hamstring adaptation

Record kind Existing accepted or compiled technique

Movement pattern Knee flexion

Primary interpretation Hamstrings bend the knee, drawing the heel back.

Secondary interpretation Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

Support interpretation box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T24 Seated neutral-grip curl / Pilates pair

Stable ID pilates-curl

Origin Supported arm-training complement

Record kind Existing accepted or compiled technique

Movement pattern Elbow flexion

Primary interpretation Brachialis, biceps brachii and brachioradialis bend the elbow.

Secondary interpretation Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

Support interpretation box, feet and trunk control keep the pelvis and torso still.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T25 Seated bar pressdown / Pilates pairs

Stable ID pilates-pressdown

Origin Kinetics - seated straight-bar pressdowns

Record kind Existing accepted or compiled technique

Movement pattern Elbow extension / triceps

Primary interpretation Triceps brachii: straightens the elbow.

Secondary interpretation Forearm muscles steady the grip and wrist; shoulder muscles hold the upper arms beside the torso.

Support interpretation Trunk muscles hold a quiet seated posture; both feet and the box provide support.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T26 Standing Pilates bar hip hinge

Stable ID pilates-hip-hinge

Origin Pilates-kit technique variation; not a newly counted personal recording

Record kind New Pilates-kit adaptation

Movement pattern Legs / hips

Primary interpretation Gluteals and hamstrings extend the hips as the torso returns upright.

Secondary interpretation Spinal extensors maintain the shape of the back; forearms steady the bar.

Support interpretation Abdominal muscles brace the trunk while both feet support the stance.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T27 Standing Pilates bar overhead press

Stable ID pilates-overhead-press

Origin Pilates-kit technique variation; not a newly counted personal recording

Record kind New Pilates-kit adaptation

Movement pattern Shoulders / push

Primary interpretation Deltoids raise the upper arms during the overhead press.

Secondary interpretation Triceps extend the elbows; scapular muscles guide the shoulder blades.

Support interpretation Abdominal and hip muscles keep the torso stacked over the planted feet.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T28 Bent-over Pilates bar row

Stable ID pilates-bent-row

Origin Pilates-kit technique variation; not a newly counted personal recording

Record kind New Pilates-kit adaptation

Movement pattern Back / row

Primary interpretation Latissimus dorsi draws the upper arms back toward the trunk.

Secondary interpretation Rhomboids, rear deltoids and elbow flexors assist the row.

Support interpretation Abdominals and hip muscles hold the hinge while both feet stay planted.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T29 Floor-seated Pilates bar row

Stable ID pilates-seated-row

Origin Pilates-kit technique variation; not a newly counted personal recording

Record kind New Pilates-kit adaptation

Movement pattern Back / row

Primary interpretation Latissimus dorsi draws the upper arms back during the pull.

Secondary interpretation Rear deltoids, rhomboids and elbow flexors guide the bar toward the torso.

Support interpretation Abdominal muscles steady the seated trunk; the pelvis and legs provide support.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T30 Standing Pilates-handle lateral raise

Stable ID pilates-lateral-raise

Origin Pilates-kit technique variation; not a newly counted personal recording

Record kind New Pilates-kit adaptation

Movement pattern Shoulders / side delts

Primary interpretation Middle deltoids raise the upper arms out to the sides.

Secondary interpretation Supraspinatus and scapular muscles help guide the shoulder movement.

Support interpretation Abdominal muscles steady the trunk while both feet support the stance.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

T31 Standing Pilates bar torso rotation

Stable ID pilates-standing-rotation

Origin Pilates-kit technique variation; not a newly counted personal recording

Record kind New Pilates-kit adaptation

Movement pattern Core / sides

Primary interpretation Oblique abdominal muscles guide the small, controlled torso rotation.

Secondary interpretation Shoulder and arm muscles maintain the held bar position.

Support interpretation Hip and gluteal muscles steady the pelvis over the planted feet.

Source [S01]. Canonical entries and grouped variants are overlapping publication layers, not additive counts of unique observed exercises.

Complete salad model register

All ranges below reproduce the actual website recipe model without changing its coefficients. Units are kcal followed by grams of protein, carbohydrate, fat and fibre. No sodium or numerical micronutrient totals are established. The ranges describe whole modeled bowls and whole prepared dressing batches. They do not establish the quantity eaten. [S03]

N01 Romaine, beans & feta

Asset and recipe ID 20260207_161926

Category beans

Identification note No additional ambiguity note in the current model

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient cucumber · Assumed amount in grams 100 to 200

Ingredient pepper · Assumed amount in grams 50 to 100

Ingredient feta · Assumed amount in grams 50 to 90

Ingredient beans · Assumed amount in grams 120 to 180

Whole bowl scenario Without dressing · kcal 312 to 532 · Protein g 18 to 30 · Carbs g 35 to 58 · Fat g 12 to 21 · Fibre g 11 to 18

Whole bowl scenario With heavy dressing · kcal 768 to 1223 · Protein g 20 to 34 · Carbs g 46 to 75 · Fat g 59 to 92 · Fibre g 20 to 32

Whole bowl scenario With light dressing · kcal 929 to 1397 · Protein g 18 to 30 · Carbs g 63 to 118 · Fat g 66 to 89 · Fibre g 11 to 18

Earlier photo estimate 480 kcal, 28 g protein, 42 g carbohydrate, 22 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 478 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N02 Spinach, pepper & feta

Asset and recipe ID 20260221_151235

Category beans

Identification note The archive mentions unidentified protein pieces. They are excluded until identified.

Ingredient spinach · Assumed amount in grams 70 to 130

Ingredient feta · Assumed amount in grams 50 to 90

Ingredient pepper · Assumed amount in grams 50 to 100

Ingredient cucumber · Assumed amount in grams 100 to 200

Whole bowl scenario Without dressing · kcal 179 to 329 · Protein g 10 to 19 · Carbs g 11 to 21 · Fat g 11 to 20 · Fibre g 3 to 6

Whole bowl scenario With heavy dressing · kcal 635 to 1021 · Protein g 13 to 23 · Carbs g 22 to 38 · Fat g 58 to 91 · Fibre g 12 to 19

Whole bowl scenario With light dressing · kcal 796 to 1195 · Protein g 10 to 19 · Carbs g 39 to 81 · Fat g 66 to 88 · Fibre g 3 to 6

Earlier photo estimate 520 kcal, 35 g protein, 38 g carbohydrate, 24 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 508 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N03 Creamy greens & protein topping

Asset and recipe ID 20260223_174930

Category chicken

Identification note The archive calls the topping chicken, but its species is not confirmed. Nutrition below excludes that topping.

Ingredient kale · Assumed amount in grams 20 to 50

Ingredient cucumber · Assumed amount in grams 100 to 200

Ingredient feta · Assumed amount in grams 50 to 90

Ingredient beans · Assumed amount in grams 120 to 180

Ingredient olives · Assumed amount in grams 20 to 40

Whole bowl scenario Without dressing · kcal 316 to 542 · Protein g 17 to 28 · Carbs g 30 to 49 · Fat g 15 to 27 · Fibre g 9 to 15

Whole bowl scenario With heavy dressing · kcal 771 to 1233 · Protein g 19 to 32 · Carbs g 41 to 66 · Fat g 62 to 98 · Fibre g 18 to 28

Whole bowl scenario With light dressing · kcal 932 to 1407 · Protein g 17 to 28 · Carbs g 58 to 109 · Fat g 69 to 95 · Fibre g 9 to 15

Earlier photo estimate 740 kcal, 68 g protein, 35 g carbohydrate, 38 g fat

Earlier dressing status Visible dressing; earlier analysis may include it

Earlier macro energy cross check 754 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N04 Chicken & leafy greens

Asset and recipe ID 20260708_135631

Category chicken

Identification note The photo shows purple cabbage; the archive instead lists pickled beets. This working recipe uses cabbage.

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient kale · Assumed amount in grams 20 to 50

Ingredient cabbage · Assumed amount in grams 50 to 100

Ingredient chicken · Assumed amount in grams 120 to 180

Whole bowl scenario Without dressing · kcal 238 to 380 · Protein g 40 to 61 · Carbs g 8 to 16 · Fat g 5 to 8 · Fibre g 4 to 8

Whole bowl scenario With heavy dressing · kcal 693 to 1071 · Protein g 42 to 65 · Carbs g 19 to 33 · Fat g 52 to 79 · Fibre g 13 to 22

Whole bowl scenario With light dressing · kcal 854 to 1245 · Protein g 40 to 61 · Carbs g 36 to 76 · Fat g 60 to 76 · Fibre g 4 to 8

Earlier photo estimate 760 kcal, 72 g protein, 42 g carbohydrate, 34 g fat

Earlier dressing status Visible dressing; earlier analysis may include it

Earlier macro energy cross check 762 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N05 Tuna, tomato & mixed beans

Asset and recipe ID 20260724_123441

Category tuna

Identification note No additional ambiguity note in the current model

Ingredient kale · Assumed amount in grams 20 to 50

Ingredient tomato · Assumed amount in grams 100 to 180

Ingredient tuna · Assumed amount in grams 100 to 150

Ingredient beans · Assumed amount in grams 240 to 360

Ingredient feta · Assumed amount in grams 50 to 90

Whole bowl scenario Without dressing · kcal 538 to 858 · Protein g 51 to 80 · Carbs g 52 to 81 · Fat g 13 to 24 · Fibre g 16 to 26

Whole bowl scenario With heavy dressing · kcal 993 to 1550 · Protein g 54 to 84 · Carbs g 63 to 98 · Fat g 61 to 95 · Fibre g 25 to 39

Whole bowl scenario With light dressing · kcal 1154 to 1724 · Protein g 51 to 80 · Carbs g 80 to 141 · Fat g 68 to 92 · Fibre g 16 to 26

Earlier photo estimate 650 kcal, 62 g protein, 58 g carbohydrate, 18 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 642 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N06 Chopped tuna & bean bowl

Asset and recipe ID 20260816_133146

Category tuna

Identification note No additional ambiguity note in the current model

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient kale · Assumed amount in grams 20 to 50

Ingredient tomato · Assumed amount in grams 100 to 180

Ingredient beets · Assumed amount in grams 40 to 80

Ingredient beans · Assumed amount in grams 240 to 360

Ingredient tuna · Assumed amount in grams 100 to 150

Whole bowl scenario Without dressing · kcal 448 to 706 · Protein g 46 to 70 · Carbs g 60 to 97 · Fat g 3 to 5 · Fibre g 19 to 32

Whole bowl scenario With heavy dressing · kcal 904 to 1397 · Protein g 48 to 74 · Carbs g 71 to 114 · Fat g 50 to 77 · Fibre g 28 to 45

Whole bowl scenario With light dressing · kcal 1065 to 1571 · Protein g 46 to 70 · Carbs g 88 to 157 · Fat g 58 to 74 · Fibre g 19 to 32

Earlier photo estimate 580 kcal, 48 g protein, 68 g carbohydrate, 10 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 554 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N07 Layered beans, lupini & feta

Asset and recipe ID 20260903_115514

Category beans

Identification note The central topping is not confidently identified; it is excluded from the modeled totals.

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient cabbage · Assumed amount in grams 50 to 100

Ingredient beans · Assumed amount in grams 120 to 180

Ingredient lupini · Assumed amount in grams 60 to 100

Ingredient feta · Assumed amount in grams 50 to 90

Whole bowl scenario Without dressing · kcal 368 to 620 · Protein g 27 to 45 · Carbs g 38 to 62 · Fat g 13 to 24 · Fibre g 12 to 20

Whole bowl scenario With heavy dressing · kcal 824 to 1312 · Protein g 29 to 49 · Carbs g 49 to 79 · Fat g 60 to 95 · Fibre g 21 to 33

Whole bowl scenario With light dressing · kcal 985 to 1486 · Protein g 27 to 45 · Carbs g 66 to 122 · Fat g 68 to 92 · Fibre g 12 to 20

Earlier photo estimate 680 kcal, 58 g protein, 62 g carbohydrate, 22 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 678 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N08 Kidney beans, lupini & beets

Asset and recipe ID 20260910_142924

Category beans

Identification note The archive identifies tuna, but the central topping is uncertain. It is excluded from the modeled totals.

Ingredient beans · Assumed amount in grams 120 to 180

Ingredient lupini · Assumed amount in grams 60 to 100

Ingredient beets · Assumed amount in grams 40 to 80

Ingredient feta · Assumed amount in grams 50 to 90

Ingredient tomato · Assumed amount in grams 100 to 180

Whole bowl scenario Without dressing · kcal 380 to 640 · Protein g 26 to 43 · Carbs g 41 to 68 · Fat g 13 to 23 · Fibre g 11 to 17

Whole bowl scenario With heavy dressing · kcal 835 to 1331 · Protein g 29 to 47 · Carbs g 52 to 85 · Fat g 60 to 95 · Fibre g 20 to 31

Whole bowl scenario With light dressing · kcal 997 to 1505 · Protein g 26 to 43 · Carbs g 69 to 128 · Fat g 68 to 92 · Fibre g 11 to 17

Earlier photo estimate 640 kcal, 55 g protein, 68 g carbohydrate, 16 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 636 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N09 Romaine, tuna & bean mix

Asset and recipe ID 20260919_111914

Category tuna

Identification note No additional ambiguity note in the current model

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient tuna · Assumed amount in grams 100 to 150

Ingredient beans · Assumed amount in grams 240 to 360

Ingredient feta · Assumed amount in grams 50 to 90

Whole bowl scenario Without dressing · kcal 530 to 842 · Protein g 51 to 79 · Carbs g 51 to 79 · Fat g 13 to 23 · Fibre g 16 to 26

Whole bowl scenario With heavy dressing · kcal 985 to 1534 · Protein g 54 to 83 · Carbs g 62 to 96 · Fat g 60 to 95 · Fibre g 25 to 39

Whole bowl scenario With light dressing · kcal 1146 to 1708 · Protein g 51 to 79 · Carbs g 79 to 139 · Fat g 68 to 91 · Fibre g 16 to 26

Earlier photo estimate 620 kcal, 54 g protein, 66 g carbohydrate, 15 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 615 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N10 Beans, olives & chopped vegetables

Asset and recipe ID 20260920_104323

Category beans

Identification note The central topping is uncertain; it is excluded. The selected dressing replaces any pictured drizzle.

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient olives · Assumed amount in grams 20 to 40

Ingredient tomato · Assumed amount in grams 100 to 180

Ingredient beans · Assumed amount in grams 120 to 180

Ingredient beets · Assumed amount in grams 40 to 80

Ingredient cucumber · Assumed amount in grams 100 to 200

Whole bowl scenario Without dressing · kcal 237 to 404 · Protein g 12 to 19 · Carbs g 41 to 69 · Fat g 4 to 8 · Fibre g 12 to 21

Whole bowl scenario With heavy dressing · kcal 693 to 1096 · Protein g 14 to 23 · Carbs g 52 to 86 · Fat g 51 to 80 · Fibre g 21 to 34

Whole bowl scenario With light dressing · kcal 854 to 1270 · Protein g 12 to 19 · Carbs g 69 to 129 · Fat g 59 to 77 · Fibre g 12 to 21

Earlier photo estimate 690 kcal, 52 g protein, 64 g carbohydrate, 24 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 680 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N11 Tomato, beans, feta & olives

Asset and recipe ID 20260923_151755

Category beans

Identification note The archive calls the protein tuna; the photo shows browned pieces. Protein topping is excluded pending identification.

Ingredient beans · Assumed amount in grams 120 to 180

Ingredient tomato · Assumed amount in grams 100 to 180

Ingredient feta · Assumed amount in grams 50 to 90

Ingredient olives · Assumed amount in grams 20 to 40

Whole bowl scenario Without dressing · kcal 312 to 527 · Protein g 16 to 27 · Carbs g 30 to 46 · Fat g 14 to 26 · Fibre g 9 to 14

Whole bowl scenario With heavy dressing · kcal 767 to 1218 · Protein g 19 to 31 · Carbs g 41 to 63 · Fat g 62 to 98 · Fibre g 18 to 28

Whole bowl scenario With light dressing · kcal 928 to 1392 · Protein g 16 to 27 · Carbs g 58 to 106 · Fat g 69 to 95 · Fibre g 9 to 14

Earlier photo estimate 710 kcal, 64 g protein, 75 g carbohydrate, 18 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 718 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N12 Four-egg recovery mega salad

Asset and recipe ID 20260924_111519

Category eggs

Identification note Egg-led version: four eggs, without mixed beans or lupini. Vegetable and feta portions remain estimates.

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient cucumber · Assumed amount in grams 100 to 200

Ingredient beets · Assumed amount in grams 40 to 80

Ingredient cabbage · Assumed amount in grams 50 to 100

Ingredient feta · Assumed amount in grams 50 to 90

Ingredient egg · Assumed amount in grams 200 to 200

Whole bowl scenario Without dressing · kcal 516 to 696 · Protein g 35 to 44 · Carbs g 21 to 40 · Fat g 32 to 41 · Fibre g 4 to 9

Whole bowl scenario With heavy dressing · kcal 972 to 1387 · Protein g 38 to 48 · Carbs g 32 to 57 · Fat g 79 to 113 · Fibre g 13 to 22

Whole bowl scenario With light dressing · kcal 1133 to 1561 · Protein g 35 to 44 · Carbs g 49 to 100 · Fat g 87 to 109 · Fibre g 4 to 9

Egg rule 4 eggs at approximately 50 g edible portion each; quantity is an owner rule used in the model, not a count measured from the image.

Earlier photo estimate 390 kcal, 24 g protein, 22 g carbohydrate, 22 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 382 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N13 Two eggs, mixed beans & lupini

Asset and recipe ID 20260925_113245

Category eggs

Identification note Mixed-bean and lupini version: two eggs, following your portion rule. Eggs in this chopped photo still need visual confirmation.

Ingredient cabbage · Assumed amount in grams 50 to 100

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient cucumber · Assumed amount in grams 100 to 200

Ingredient beets · Assumed amount in grams 40 to 80

Ingredient beans · Assumed amount in grams 120 to 180

Ingredient lupini · Assumed amount in grams 60 to 100

Ingredient olives · Assumed amount in grams 20 to 40

Ingredient tomato · Assumed amount in grams 100 to 180

Ingredient egg · Assumed amount in grams 100 to 100

Ingredient feta · Assumed amount in grams 50 to 90

Whole bowl scenario Without dressing · kcal 611 to 948 · Protein g 41 to 61 · Carbs g 54 to 91 · Fat g 27 to 41 · Fibre g 15 to 26

Whole bowl scenario With heavy dressing · kcal 1067 to 1639 · Protein g 44 to 65 · Carbs g 65 to 108 · Fat g 74 to 112 · Fibre g 24 to 39

Whole bowl scenario With light dressing · kcal 1228 to 1813 · Protein g 41 to 61 · Carbs g 82 to 151 · Fat g 82 to 109 · Fibre g 15 to 26

Egg rule 2 eggs at approximately 50 g edible portion each; quantity is an owner rule used in the model, not a count measured from the image.

Earlier photo estimate 460 kcal, 22 g protein, 48 g carbohydrate, 20 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 460 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

N14 Tuna, kidney beans & crunchy greens

Asset and recipe ID 20261002_114802

Category tuna

Identification note No additional ambiguity note in the current model

Ingredient romaine · Assumed amount in grams 100 to 200

Ingredient beans · Assumed amount in grams 240 to 360

Ingredient beets · Assumed amount in grams 40 to 80

Ingredient pepper · Assumed amount in grams 50 to 100

Ingredient cucumber · Assumed amount in grams 100 to 200

Ingredient tuna · Assumed amount in grams 100 to 150

Whole bowl scenario Without dressing · kcal 454 to 717 · Protein g 46 to 70 · Carbs g 62 to 101 · Fat g 3 to 5 · Fibre g 19 to 31

Whole bowl scenario With heavy dressing · kcal 909 to 1408 · Protein g 48 to 74 · Carbs g 73 to 118 · Fat g 50 to 76 · Fibre g 28 to 44

Whole bowl scenario With light dressing · kcal 1070 to 1582 · Protein g 46 to 70 · Carbs g 90 to 161 · Fat g 58 to 73 · Fibre g 19 to 31

Earlier photo estimate 520 kcal, 45 g protein, 60 g carbohydrate, 10 g fat

Earlier dressing status Dressing inclusion unspecified

Earlier macro energy cross check 510 kcal from the listed macro grams

Editorial interpretation The earlier photo estimate is an archive record. It is not averaged with the current ingredient model or treated as measured consumption.

Sources [S03 S05 S06].

Saved generic coefficients

Food romaine · kcal per 100 g 17 · Protein g 1.2 · Carbs g 3.3 · Fat g 0.3 · Fibre g 2.1

Food beans · kcal per 100 g 110 · Protein g 7 · Carbs g 19 · Fat g 0.6 · Fibre g 6

Food pepper · kcal per 100 g 31 · Protein g 1 · Carbs g 6 · Fat g 0.3 · Fibre g 2.1

Food cucumber · kcal per 100 g 15 · Protein g 0.7 · Carbs g 3.6 · Fat g 0.1 · Fibre g 0.5

Food kale · kcal per 100 g 35 · Protein g 2.9 · Carbs g 4.4 · Fat g 1.5 · Fibre g 4.1

Food beets · kcal per 100 g 65 · Protein g 0.8 · Carbs g 16 · Fat g 0.1 · Fibre g 2

Food olives · kcal per 100 g 145 · Protein g 1 · Carbs g 4 · Fat g 15 · Fibre g 3

Food tuna · kcal per 100 g 116 · Protein g 26 · Carbs g 0 · Fat g 1 · Fibre g 0

Food lupini · kcal per 100 g 119 · Protein g 15.6 · Carbs g 9.9 · Fat g 2.9 · Fibre g 2.8

Food feta · kcal per 100 g 265 · Protein g 14 · Carbs g 4 · Fat g 21 · Fibre g 0

Food tomato · kcal per 100 g 18 · Protein g 0.9 · Carbs g 3.9 · Fat g 0.2 · Fibre g 1.2

Food cabbage · kcal per 100 g 31 · Protein g 1.4 · Carbs g 7.4 · Fat g 0.2 · Fibre g 2.1

Food spinach · kcal per 100 g 23 · Protein g 2.9 · Carbs g 3.6 · Fat g 0.4 · Fibre g 2.2

Food egg · kcal per 100 g 155 · Protein g 12.6 · Carbs g 1.1 · Fat g 10.6 · Fibre g 0

Food chicken · kcal per 100 g 165 · Protein g 31 · Carbs g 0 · Fat g 3.6 · Fibre g 0

Food avocado · kcal per 100 g 160 · Protein g 2 · Carbs g 8.5 · Fat g 14.7 · Fibre g 6.7

Food oil · kcal per 100 g 884 · Protein g 0 · Carbs g 0 · Fat g 100 · Fibre g 0

These are the rounded coefficients in the existing website script. FoodData Central record identifiers were not stored with them, so they are not presented as a newly validated branded-food analysis. [S03 R01]

Complete meal story register

F01 Protein Berries Smoothie

Category Protein Smoothies

Serving and evidence basis Full blend · caption stated

Recorded ingredients Hexapro protein blend; PB&Me powdered peanut butter; UltraPur protein; Bovine collagen; Berries and liquid base — exact quantities not stated in caption

Caption field Energy kcal · Reported value 1110

Caption field Protein g · Reported value 136

Caption field Total carbohydrate g · Reported value 86

Caption field Fat g · Reported value 24

Caption field Fibre g · Reported value 26

Macro energy cross check 1104.0 kcal from caption macro grams; reported energy remains 1110 kcal. This is an arithmetic comparison, not verification.

Caption lists protein contributions of 50 g Hexapro, 48 g PB&Me, 20 g UltraPur, 10 g collagen and 8 g base. These are protein contributions, not ingredient weights.

Ingredient quantities and product labels are needed to independently recalculate.

Preparation evidence Pour and serve. Method inferred from the clean reel.

Related source post https://www.instagram.com/p/DckF9_4gIe0/

Related video https://www.youtube.com/shorts/MZm3GsBMfQg

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F02 Post-Workout Protein Wraps

Category Wraps & Handhelds

Serving and evidence basis 3 wraps · caption stated

Recorded ingredients 3 POM Protein Tortillas; 3 hard-boiled eggs; 3 thick-cut turkey bacon slices; 3 tbsp Fontaine Santé tofu spread; 6 old cheddar strips; Cedar pickled turnips, romaine and Huy Fong sriracha

Caption field Energy kcal · Reported value 1195

Caption field Protein g · Reported value 94

Caption field Total carbohydrate g · Reported value 64

Caption field Fat g · Reported value 62

Caption field Fibre g · Reported value 34

Macro energy cross check 1190.0 kcal from caption macro grams; reported energy remains 1195 kcal. This is an arithmetic comparison, not verification.

Caption gives approximately 398 kcal, 31 g protein, 20.5 g fat and 10 g net carbs per wrap.

Cheddar strip weight and condiment amounts remain unspecified.

Preparation evidence Add turnips, romaine and sriracha; roll and secure.

Related source post https://www.instagram.com/p/DdCRC82AhaT/

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F03 Carnivore Omelette

Category Meat & Carnivore

Serving and evidence basis Whole plate · caption stated

Recorded ingredients 12 crispy pork belly strips; rendered lard drained; 3 whole eggs + 1 cup liquid egg whites; 1 sautéed yellow onion; 2 Bon Matin keto high-fiber tortillas, quartered; Zero-sugar savory drizzle

Caption field Energy kcal · Reported value 1240

Caption field Protein g · Reported value 106

Caption field Total carbohydrate g · Reported value Not stated

Caption field Fat g · Reported value 68

Caption field Fibre g · Reported value 34

Caption reports 24 g net carbs; total carbs are not explicitly stated.

Pork belly cooked weight, rendered fat and sauce label are needed for verification.

Preparation evidence Plate with quartered tortillas and drizzle. Method inferred.

Related source post https://www.instagram.com/p/DcwahczACPq/

Related video https://www.youtube.com/shorts/06yTyMAurBA

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F04 Chocolate PB Fudge Jars

Category Protein Fudge & Treats

Serving and evidence basis Per jar · 2 jars · caption stated

Recorded ingredients 2 scoops ALLMAX Hexapro Chocolate; 1 scoop hydrolyzed marine collagen; ½ cup PB&Me Chocolate powdered peanut butter; 1 cup Neilson 3.25% ultrafiltered protein milk; Pinch xanthan gum and pink salt; Toppings: ½ cup frozen berries + ⅓ cup All-Bran Buds

Caption field Energy kcal · Reported value 441

Caption field Protein g · Reported value 50.4

Caption field Total carbohydrate g · Reported value Not stated

Caption field Fat g · Reported value 10

Caption field Fibre g · Reported value 10.7

Caption reports 31.4 g net carbs per jar.

Scoops vary by product; weigh powders and toppings to confirm nutrition.

Preparation evidence Divide between two 16 oz jars and add toppings. Method inferred from reel.

Related source post https://www.instagram.com/p/Db13qBAAji5/

Related video https://www.youtube.com/shorts/rVAwsBvIniY

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F05 Post-Workout Air Fry Meals

Category Meat & Carnivore

Serving and evidence basis Six air-fryer meal variations · caption stated

Recorded ingredients Montreal-seasoned thick beef steaks; Tandoori or lemon-pepper chicken breasts; Chicken wings with baby back ribs; Spice-rubbed whole chicken legs; Chicken tenders or cutlets; Fish with spring rolls — separate higher-carbohydrate variation

No independently recalculated macro panel is supplied for this story. Owner estimates and related-recipe comparisons remain qualified as recorded below.

These are alternative meals from one reel, not ingredients to combine in a single recipe.

Caption-reported protein per meal: steaks 130–160 g; chicken breasts 150–180 g; wings and ribs 130–150 g; whole legs 110–130 g; tenders and cutlets 120–140 g; fish and spring rolls 40–50 g, with 110–140 g carbs.

Weights, coatings, oils and cooked yields differ; these caption ranges are not independently verified.

Preparation evidence Plate the cooked meal. Proposed method; no time or temperature inferred.

Related source post https://www.instagram.com/p/DbOragtABpa/

Related video https://www.youtube.com/shorts/18qympCjiLs

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F06 Dark Choco Blueberry Recovery

Category Protein Smoothies

Serving and evidence basis Full blend · reel caption stated

Recorded ingredients 2 cups frozen wild blueberries; 3 cups unsweetened almond milk; 1/2 cup soaked chia seeds; 1/4 cup egg white powder; 1/8 cup raw organic cacao powder; 2 scoops ISO GOLD Chocolate protein; 1 scoop bovine collagen peptides; Pinch pink Himalayan salt

Caption field Energy kcal · Reported value 805

Caption field Protein g · Reported value 97

Caption field Total carbohydrate g · Reported value 65

Caption field Fat g · Reported value 19.5

Caption field Fibre g · Reported value 22

Macro energy cross check 823.5 kcal from caption macro grams; reported energy remains 805 kcal. This is an arithmetic comparison, not verification.

Caption reports 805 kcal, 97 g protein, 65 g total carbs, 19.5 g fat and 22 g fiber (43 g net carbs).

Recipe transcribed from the linked reel; soaked chia is kept as written because the caption does not specify its dry weight. Nutrition has not been independently recalculated.

Preparation evidence Blend on high for 45–60 seconds and serve immediately.

Related source post https://www.instagram.com/p/Dc_n4SHAEnb/

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F07 Chocolate & Cacao Fudge Bowl

Category Protein Fudge & Treats

Serving and evidence basis Whole bowl usually eaten · owner estimates 80–110 g protein

Recorded ingredients Chocolate protein and cacao — flavor confirmed by the owner; cacao quantity to taste; Protein powder — working baseline: 2 scoops, extrapolated from the fudge-jar reel; Peanut powder — working baseline: 1/2 cup, extrapolated from the fudge-jar reel; Almond milk or protein milk, added gradually to reach a thick spoonable texture — recurring options confirmed by the owner; Marine collagen — optional 1 scoop from the related jar baseline; presence in each bowl is inferred; Optional small pinch of xanthan gum and pink salt from the jar baseline

No independently recalculated macro panel is supplied for this story. Owner estimates and related-recipe comparisons remain qualified as recorded below.

Shared recipe family: Chocolate PB Fudge Jars, chocolate/cacao bowl, vanilla/peanut bowl and rice-cake sandwich spread. Baseline amounts above are a practical reconstruction, not measured quantities for this footage.

Large ceramic bowl, roughly twice the size of a cereal bowl. Owner usually eats the whole bowl and estimates 80–110 g protein; it is about 2–3 ordinary servings (roughly 27–55 g protein each).

The related two-jar recipe reports 100.8 g protein for the complete batch including toppings. That supports the comparison, but does not verify every bowl.

The reel uses protein milk with 18 g protein per cup. Almond milk changes the protein and calories; use its label rather than carrying over the protein-milk figures.

Berries and All-Bran are toppings in the jar recipe, not assumed ingredients in every plain fudge bowl.

Preparation evidence Eat as a large bowl, or divide into 2–3 ordinary portions. Method and baseline amounts are extrapolated.

Related source post https://www.instagram.com/p/Db13qBAAji5/

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F08 Vanilla & Peanut Powder Fudge Bowl

Category Protein Fudge & Treats

Serving and evidence basis Whole bowl usually eaten · owner estimates 80–110 g protein

Recorded ingredients Vanilla protein and peanut powder — flavor confirmed by the owner; Protein powder — working baseline: 2 scoops, extrapolated from the fudge-jar reel; Peanut powder — working baseline: 1/2 cup, extrapolated from the fudge-jar reel; Almond milk or protein milk, added gradually to reach a thick spoonable texture — recurring options confirmed by the owner; Marine collagen — optional 1 scoop from the related jar baseline; presence in each bowl is inferred; Optional small pinch of xanthan gum and pink salt from the jar baseline

No independently recalculated macro panel is supplied for this story. Owner estimates and related-recipe comparisons remain qualified as recorded below.

Shared recipe family: Chocolate PB Fudge Jars, chocolate/cacao bowl, vanilla/peanut bowl and rice-cake sandwich spread. Baseline amounts above are a practical reconstruction, not measured quantities for this footage.

Large ceramic bowl, roughly twice the size of a cereal bowl. Owner usually eats the whole bowl and estimates 80–110 g protein; it is about 2–3 ordinary servings (roughly 27–55 g protein each).

The related two-jar recipe reports 100.8 g protein for the complete batch including toppings. That supports the comparison, but does not verify every bowl.

The reel uses protein milk with 18 g protein per cup. Almond milk changes the protein and calories; use its label rather than carrying over the protein-milk figures.

Berries and All-Bran are toppings in the jar recipe, not assumed ingredients in every plain fudge bowl.

Preparation evidence Eat as a large bowl, or divide into 2–3 ordinary portions. Method and baseline amounts are extrapolated.

Related source post https://www.instagram.com/p/Db13qBAAji5/

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

F09 Chocolate Cacao & Peanut Rice-Cake Sandwiches

Category Protein Fudge & Treats

Serving and evidence basis Fudge spread variation · owner confirmed; amounts extrapolated

Recorded ingredients Rice cakes — use two for each closed sandwich; Chocolate, cacao and peanut powder mixture — confirmed by the owner; Chocolate protein powder — inferred from the recurring fudge baseline; Almond milk or protein milk — recurring liquid options confirmed by the owner; add gradually for a spreadable texture; Optional collagen, pinch of xanthan gum and salt from the related fudge recipe; not confirmed in this photographed batch

No independently recalculated macro panel is supplied for this story. Owner estimates and related-recipe comparisons remain qualified as recorded below.

A crunchy sandwich using the owner’s chocolate/cacao/peanut mixture as a Nutella-style alternative. No hazelnut ingredient is implied.

EXIF capture: 2026:09:28 16:21:00. Companion ingredient photo at 14:23:47 shows Village Holland Cocoa Powder labelled 100% cacao, no sugar.

Use the Chocolate PB Fudge Jars reel as the related baseline, without automatically including its berries or All-Bran toppings.

Sandwich macros depend on the rice-cake label and grams of spread used. The owner’s 80–110 g protein estimate describes a whole fudge bowl, not one sandwich.

For a measured serving: weigh the total spread batch and the amount used, then multiply batch nutrition by that weight fraction and add the rice cakes.

Preparation evidence Spread over one rice cake and top with another; repeat for the quantity you want. Serve soon to keep the rice cakes crisp.

Related source post https://www.instagram.com/p/Db13qBAAji5/

This register documents the saved meal story, not a new independent verification of the linked caption. Reconstructed preparation is not elevated to a measured recipe. Source [S04].

Liquid intake registry and nutrition boundaries

The vector registry provides context for nutrition and daily branching. Ingredients below are retained as source records, not new supplement advice. This compilation does not recalculate pharmacology, interaction thresholds or therapeutic suitability. Clinical claims in older publications require a separate qualified review. V7 to V9 have no supplied recipe records and are not invented. [S11 S13]

V1 IGNITION

Recipe ID v1

Recorded timing 06:00 pre- gym; morning training only

Recorded base 500-600 mL cold filtered water

Recorded ingredients ALLMAX Impact Igniter Xtreme 2.0 (2 scoops / 28 g); ALLMAX MuscleEAA Xtreme (1 scoop / 17.73 g); PeakO2 2,000 mg; Betaine Anhydrous 2,500 mg; Citrulline Malate 2:1 (4-6 g); Pure Taurine Powder (2-3 g). Citicoline 250 mg capsule taken separately.

Recorded branch Morning training only (State A)

Keep product serving and formulation identity attached to any future nutrition calculation. The registry list is not proof that the mixture was consumed on a particular day. [S11]

V2 REFUEL

Recipe ID v2

Recorded timing During the training session (09:30 morning reference); moves with the evening workout in State C.

Recorded base 600-750 mL cold filtered water

Recorded ingredients Perfect Sports BCAA HyperClear (1 scoop / 7.5 g BCAAs 2:1:1); RapiDrem Electrolyte Powder (1 scoop, about 6.5 g); Kirkland Himalayan Pink Salt 1/16 tsp; 2-3 Medjool dates chewed solid, separately

Recorded branch During the training session (States A and C)

Keep product serving and formulation identity attached to any future nutrition calculation. The registry list is not proof that the mixture was consumed on a particular day. [S11]

V3 RECOVERY

Recipe ID v3

Recorded timing 04:00; training and rest

Recorded base Cold filtered water; shaker volume unspecified

Recorded ingredients MuscleMeds Carnivor Beef Protein Isolate (33.9 g Canadian scoop); PROMISE Pure Marine Collagen Peptan 10 g; Rootalive Organic Gelatinized Black Maca 5 g; ALLMAX Liquid L- Carnitine 1500 (15 mL / 1,500 mg); MegaFood C Defense Gummy (1, chewed); NAKA Platinum Vital Greens (20 mL separate flush)

Recorded branch Daily anchor; optional when consumed on rest days

Keep product serving and formulation identity attached to any future nutrition calculation. The registry list is not proof that the mixture was consumed on a particular day. [S11]

V4 RELOAD

Recipe ID v4

Recorded timing After the workout (11:00 morning reference); moves after the evening session in State C. Preceded by whole R-ALA 300 mg with water, separate from the shaker.

Recorded base 350-450 mL room-temperature water

Recorded ingredients BioSteel Recovery Protein Plus (1 scoop / 36 g half-serving); Rootalive Beetroot Powder 7 g raw; Proline Pure Creatine HCl 750 mg active; Kirkland Himalayan Salt 1/16 tsp

Recorded branch After the workout (States A and C); R-ALA remains separate

Keep product serving and formulation identity attached to any future nutrition calculation. The registry list is not proof that the mixture was consumed on a particular day. [S11]

V5 TRANSPORT

Recipe ID v5

Recorded timing 16:00-16:30; rest branch only

Recorded base 500 mL cold filtered water

Recorded ingredients Proline Pure Creatine HCl 750 mg; PROMISE Pure Marine Collagen 10 g; ALLMAX Liquid L-Carnitine 1500 (15 mL / 1,500 mg); RapiDrem Electrolyte Powder (1 scoop); Kirkland Himalayan Salt 1/16 tsp

Recorded branch Rest days only (State B)

Keep product serving and formulation identity attached to any future nutrition calculation. The registry list is not proof that the mixture was consumed on a particular day. [S11]

V6 PUMP

Recipe ID v6

Recorded timing Evening training override; 20–30 minutes before the evening session. Citicoline is a separate capsule at T−30 minutes. Never combined with V1 on the same calendar day.

Recorded base 500–600 mL cold filtered water

Recorded ingredients ALLMAX Impact PUMP Xtreme (Blue Raspberry): 2 scoops / 31 g; ALLMAX MuscleEAA Xtreme (Cherry Limeade): 1 scoop / 17.73 g; Compound Solutions / ALLMAX PeakO2: 2,000 mg by mass; ALLMAX Essentials Betaine Anhydrous (TMG): 2,500 mg; ALLMAX Essentials Citrulline Malate 2:1: 4–6 g; ALLMAX Essentials Pure Taurine Powder: 2–3 g; AOR Xerenoos Citicoline: 1 capsule / 250 mg, swallowed separately with water

Recorded branch Evening training only (State C); replaces V1

Keep product serving and formulation identity attached to any future nutrition calculation. The registry list is not proof that the mixture was consumed on a particular day. [S11]

V10 SHUTDOWN

Recipe ID v10

Recorded timing Night anchor (18:30 reference); morning training, rest and evening-training branches. Tisane at a comfortable temperature.

Recorded base 800 mL Traditional Medicinals Hibiscus Tisane, comfortable temperature

Recorded ingredients SD Pharmaceuticals Creatine HCl 750 mg; North Coast Naturals Fermented L-Glutamine 5 g; AOR Pure Glycine Powder 3-5 g; optional half-scoop Medi-C Plus (2.5 g); rare Niyama Hey Relax full scoop

Recorded branch Night anchor across all three states

Keep product serving and formulation identity attached to any future nutrition calculation. The registry list is not proof that the mixture was consumed on a particular day. [S11]

Current branch interpretation: V1 is the morning-training option and V6 the evening-training option. They are alternatives and are not combined on the same calendar day. Neither is active on rest days. These rules describe the existing publication record, not a new mandate to consume either recipe. [S11 S12 S13]

Long recording review register

L001 20260829_060124.mp4

Duration 5580.2 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_001.jpg

Detailed review note Entire recording sequentially screened at one-second intervals. First21minutes unloaded warmup and bodyweight/rigid-bar work; band sequences22-28minutes; later substantial sandbag/bodyweight work and off-camera interval separated from band work. Late band phases59-92minutes recorded. Exact repetitions and subsecond boundaries not verified.

Reviewed range in seconds 0; 5579

Original frame checks in seconds 650; 1350; 1460; 1520; 1600; 1770

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L002 20260911_050715.mp4

Duration 3291.8 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_002.jpg

Detailed review note No additional narrative note supplied

Reviewed range in seconds 0; 3291

Original frame checks in seconds Not supplied

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L003 4f20138fddb8fdd91099d92e713ecd83_720_1280.mp4

Duration 3291.8 seconds

Screen category anchored-line/mixed workout visible

Review status pending

Retained overview evidence overview_003.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L004 VID_20260725_055552.mp4

Duration 3110.9 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_004.jpg

Detailed review note All 65 sequential contact sheets inspected through 51:50. Rigid bar holds, bodyweight movements, high suspension-strap movements and plate handling. No exposed elastic band movement confirmed. Original frame at 26:45 shows flat black suspension webbing and adjustment buckles.

Reviewed range in seconds 0; 3110

Original frame checks in seconds 100; 500; 770; 1510; 1605; 1720

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L005 VID_20260726_060356.mp4

Duration 3100.5 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_005.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L006 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4

Duration 3097.3 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_006.jpg

Detailed review note Entire source sequentially screened at one-second intervals. Original-frame checks distinguish floor knees from sandbag knees, independent handles from one shared handle, low pale tubes from high black tubes, and upper-back webbing from a rigid bar. Free weights and unloaded support excluded from band edition.

Reviewed range in seconds 0; 3096

Original frame checks in seconds 1005; 1070; 1815; 1930; 2020; 2245; 2330; 2370; 2470; 2550; 2670; 2710; 2740

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L007 20260820_064500.mp4

Duration 3097.3 seconds

Screen category anchored-line/mixed workout visible

Review status pending

Retained overview evidence overview_007.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L008 ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4

Duration 2945.3 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_008.jpg

Detailed review note Entire recording sequentially screened at one-second intervals. Distant and cropped movements need closer review. Candidate phases are not verified sets.

Reviewed range in seconds 0; 2944

Original frame checks in seconds 300; 540; 730; 810; 880; 920; 980; 1100; 1360; 1510; 1600; 1700; 2400; 2428; 2460; 2525; 2560

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L009 VID_20260814_061042.mp4

Duration 2945.3 seconds

Screen category anchored-line/mixed workout visible

Review status pending

Retained overview evidence overview_009.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L010 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4

Duration 2732.1 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_010.jpg

Detailed review note Entire recording sequentially screened at one-second intervals. Source checks found head-harness torso bows, bar-braced movements and free-hand pauses; smaller screening labels corrected. Exact sets not verified.

Reviewed range in seconds 0; 2731

Original frame checks in seconds 660; 1030; 1300; 1650; 1755; 1940; 2130; 2620

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L011 VID_20260807_074144.mp4

Duration 2732.1 seconds

Screen category anchored-line/mixed workout visible

Review status pending

Retained overview evidence overview_011.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L012 20260818_063932.mp4

Duration 2585.2 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_012.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L013 chest triceps tuesday 20260818_063932.mp4

Duration 2585.2 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_013.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L014 babd93b3177aaf7f73fd08bc0b830fe9_720_1280.mp4

Duration 2585.2 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_014.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L015 20260824_073946.mp4

Duration 2556.0 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_015.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L016 VID_20260724_063347.mp4

Duration 2291.6 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_016.jpg

Detailed review note Entire recording sequentially screened at one-second intervals. Weight-plate and dumbbell sections excluded from band expansion. Bench-straddled posture verified at 08:30; original-frame checks used. Exact sets and repetitions pending.

Reviewed range in seconds 0; 2291

Original frame checks in seconds 360; 400; 510

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L017 20260922_051033.mp4

Duration 2274.1 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_017.jpg

Detailed review note Entire recording sequentially screened. First section uses cable-machine bar; later olive webbing handles attach to a cable with carabiner (clearly visible at 33:55), not established elastic bands. Exclude these cable-loaded attachment exercises from band-only guide.

Reviewed range in seconds 0; 2273

Original frame checks in seconds 1525; 2035

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L018 20260823_084646.mp4

Duration 2222.3 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_018.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L019 60ba34ed20d57b81eae0271d756868c5_720_1280.mp4

Duration 2222.3 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_019.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L020 3cc20fc7281517df6202d305dd095611_720_1280.mp4

Duration 2063.4 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Partial sequential screening 00:00-09:35; outside frozen edition remainder

Retained overview evidence overview_020.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L021 20260823_064748.mp4

Duration 2063.4 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_021.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L022 VID_20260724_054350.mp4

Duration 2015.1 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_022.jpg

Detailed review note Entire recording sequentially screened at one-second intervals. Early box/bar/bodyweight movement separated from bands. At 18:50,19:30,22:00 enlarged original frames confirm multiple exposed elastic tubes with black fabric covers from overhead rack to handle; exact load unknown. Later box-obscured positions require enlarged contact checks.

Reviewed range in seconds 0; 2014

Original frame checks in seconds 360; 900; 1130; 1170; 1320

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L023 1de9a6c9c5c148a3aa80ad13b73fda1f_720_1280.mp4

Duration 2014.5 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_023.jpg

Detailed review note Entire recording sequentially screened at one-second intervals. Bodyweight warm-up: rigid rack crossbar grips, bench-supported pushups/hinges, supine knee tucks/leg raises, plus handheld weight plates. Original checks 210 and 440 seconds show hands grip rigid silver bar, not elastic handles. Later rear and side views retain same rigid bar connection. No confirmed elastic-band exercise identified; excluded from band expansion.

Reviewed range in seconds 0; 2014

Original frame checks in seconds 210; 440

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L024 20260818_054110.mp4

Duration 2014.5 seconds

Screen category anchored-line/mixed workout visible

Review status pending

Retained overview evidence overview_024.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L025 warmups tuesday 20260818_054110.mp4

Duration 2014.5 seconds

Screen category anchored-line/mixed workout visible

Review status pending

Retained overview evidence overview_025.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L026 VID_20260725_070834.mp4

Duration 1882.0 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_026.jpg

Detailed review note Entire recording sequentially screened at one-second intervals. Sandbag and unloaded sections identified separately. Exact sets, repetitions and frame-level boundaries remain unverified.

Reviewed range in seconds 0; 1881

Original frame checks in seconds Not supplied

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L027 44a1ac9266309faa546f5c4f968033bf_1280_720.mp4

Duration 1708.5 seconds

Screen category food preparation at sampled times

Review status pending

Retained overview evidence overview_027.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L028 VID_20260730_080454.mp4

Duration 1667.8 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_028.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L029 0a6d7c50bccfec5d18070ca8fa12a390_720_1280.mp4

Duration 1501.6 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_029.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L030 20260909_062825.mp4

Duration 1501.6 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_030.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L031 4aa7317c270d80c361c06b7f3ba8b059_720_1280.mp4

Duration 1315.5 seconds

Screen category food preparation at sampled times

Review status pending

Retained overview evidence overview_031.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L032 0ae0ff78f69d982694351771087853 62_720_1280.mp4

Duration 1314.8 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_032.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L033 20260823_075008.mp4

Duration 1314.8 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_033.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L034 b69eca1b5fc632e47f35e950e7a4d2e2_1280_720.mp4

Duration 1209.9 seconds

Screen category food preparation at sampled times

Review status pending

Retained overview evidence overview_034.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L035 359dcb4b214f4597e5cdf999af4ecdef_720_1280.mp4

Duration 1208.9 seconds

Screen category food preparation at sampled times

Review status pending

Retained overview evidence overview_035.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L036 e71cbfa06f84d8bcaefd51b5bf2d03fe_1280_720.mp4

Duration 997.4 seconds

Screen category food preparation at sampled times

Review status pending

Retained overview evidence overview_036.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L037 7cd3859b1e025396a5cdba0d705fd8af_720_1280.mp4

Duration 997.0 seconds

Screen category food preparation at sampled times

Review status pending

Retained overview evidence overview_037.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L038 20260909_070009.mp4

Duration 934.4 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_038.jpg

Detailed review note All 20 sequential sheets inspected. Dumbbell press/curl/row, plate work, EZ-bar work, dumbbell-supported pushups and kneeling/squat transitions. No elastic resistance line present.

Reviewed range in seconds 0; 933

Original frame checks in seconds Not supplied

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L039 44ef29135c6b97ea2e0f477533839ef9_720_1280.mp4

Duration 934.4 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_039.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L040 VID_20260725_082538.mp4

Duration 716.3 seconds

Screen category anchored-line/mixed workout visible

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_040.jpg

Detailed review note No additional narrative note supplied

Reviewed range in seconds 0; 715

Original frame checks in seconds Not supplied

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L041 VID_20260812_064113.mp4

Duration 675.2 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_041.jpg

Detailed review note All 15 sequential sheets screened. Bench-supported bodyweight arm/torso movements, kneeling and supine mobility, plate carry and squat. No elastic loaded line visible.

Reviewed range in seconds 0; 674

Original frame checks in seconds Not supplied

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L042 20260823_082923.mp4

Duration 602.0 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status Sequential one-second screening completed; exact sets/reps unverified

Retained overview evidence overview_042.jpg

Detailed review note All 13 sequential sheets screened. User leaves view after setup and returns briefly at 3 minutes and at end. No user band exercise visible. Background gym users excluded from the personal catalogue.

Reviewed range in seconds 0; 601

Original frame checks in seconds Not supplied

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

L043 c899437a42ea4eb5583f6a06018ab687_720_1280.mp4

Duration 602.0 seconds

Screen category weights/bodyweight/gym at sampled times; band coverage unresolved

Review status pending

Retained overview evidence overview_043.jpg

The status is transcribed from the saved register. A completed one-second screen is not a frame-exact review of set or repetition boundaries. [S01 S18]

Complete source passage register

Every current phase reference is retained here for precise cross-checking. Grouped findings above contain the interpretation. A passage appears once in this register and is not labelled a verified set. [S02]

SET-C010 Box-kneeling high-rear arm drive

Source and time 20260911_050715.mp4 | 00:12:35 to 00:13:31

Group and family bench-kneeling-paired-high-rear-drive | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High rear paired attachments | Back/up toward rear attachments

Hand path and equipment From hands near head toward forward/down extension; torso inclines | Exposed pale elastic tubes with black webbing handle extensions, visually identified

SET-C011 Inclined high-rear alternating elbow extension

Source and time 20260911_050715.mp4 | 00:13:40 to 00:15:01

Group and family inclined-overhead-drive | overhead-extension

Classification training-variation

Visible position Standing low stance, knees bent and torso inclined; independent palm grips beside head

Anchor and resistance direction High rear paired attachments | Back/up toward rear attachments

Hand path and equipment From hands near head toward forward/down extension; torso inclines | Anchored lines / construction unconfirmed

SET-C012 Wide-stance paired high-front downward draw

Source and time 20260911_050715.mp4 | 00:15:24 to 00:16:29

Group and family high-front-downward-arm-drive | high-front-draw

Classification training-variation

Visible 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 and resistance direction High front attachment / High front overhead attachment | Up/front toward attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed

SET-C013 Wide-stance paired high-front downward draw

Source and time 20260911_050715.mp4 | 00:17:47 to 00:18:32

Group and family high-front-downward-arm-drive | high-front-draw

Classification training-variation

Visible 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 and resistance direction High front attachment / High front overhead attachment | Up/front toward attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed

SET-C014 Wide-stance paired high-front downward draw

Source and time 20260911_050715.mp4 | 00:18:34 to 00:19:35

Group and family high-front-downward-arm-drive | high-front-draw

Classification training-variation

Visible 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 and resistance direction High front attachment / High front overhead attachment | Up/front toward attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed

SET-C015 Wide-stance paired high-front downward draw

Source and time 20260911_050715.mp4 | 00:19:41 to 00:20:02

Group and family high-front-downward-arm-drive | high-front-draw

Classification training-variation

Visible 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 and resistance direction High front attachment / High front overhead attachment | Up/front toward attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed

SET-C104 Wide-stance paired high-front downward draw

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:48:08 to 00:48:48

Group and family high-front-downward-arm-drive | high-front-draw

Classification training-variation

Visible 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 and resistance direction High front attachment / High front overhead attachment | Up/front toward attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed

SET-C171 Wide-stance paired high-front downward draw

Source and time VID_20260724_063347.mp4 | 00:12:51 to 00:13:44

Group and family high-front-downward-arm-drive | high-front-draw

Classification training-variation

Visible 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 and resistance direction High front attachment / High front overhead attachment | Up/front toward attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed

SET-C016 Box-supported kneeling single-arm forward extension

Source and time 20260911_050715.mp4 | 00:20:12 to 00:20:40

Group and family kneeling-supported-forward-extension | overhead-extension

Classification training-variation

Visible position Both knees on floor; opposite forearm supported on bench / Floor-kneeling; opposite forearm on bench

Anchor and resistance direction 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 | Back along incoming line / Backward along incoming line

Hand path and equipment 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 | Exposed elastic tubes and one handle, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and red handle, visually identified

SET-C017 Box-supported kneeling single-arm forward extension

Source and time 20260911_050715.mp4 | 00:21:53 to 00:22:22

Group and family kneeling-supported-forward-extension | overhead-extension

Classification training-variation

Visible position Both knees on floor; opposite forearm supported on bench / Floor-kneeling; opposite forearm on bench

Anchor and resistance direction 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 | Back along incoming line / Backward along incoming line

Hand path and equipment 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 | Exposed elastic tubes and one handle, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and red handle, visually identified

SET-C020 Box-supported kneeling single-arm forward extension

Source and time 20260911_050715.mp4 | 00:23:09 to 00:23:28

Group and family kneeling-supported-forward-extension | overhead-extension

Classification training-variation

Visible position Both knees on floor; opposite forearm supported on bench / Floor-kneeling; opposite forearm on bench

Anchor and resistance direction 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 | Back along incoming line / Backward along incoming line

Hand path and equipment 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 | Exposed elastic tubes and one handle, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and red handle, visually identified

SET-C018 Kneeling handle hold free reach

Source and time 20260911_050715.mp4 | 00:22:31 to 00:22:55

Group and family kneeling-handle-hold-free-reach | line-hold

Classification transition-or-demonstration

Visible position Floor-kneeling; opposite forearm on bench

Anchor and resistance direction Behind body; terminal anchor outside view; line near hip height | Backward along held handle line

Hand path and equipment Free hand reaches forward; loaded handle held near hip | Anchored lines / construction unconfirmed

SET-C021 Low-rear rope-grip retention with stance control

Source and time 20260911_050715.mp4 | 00:23:44 to 00:24:33

Group and family bench-supported-rearward-arm-movement | rearward-arm-drive

Classification training-variation

Visible position Standing; knee bend and torso inclination as described

Anchor and resistance direction Low rear attachment; elbow partly cropped | Backward/down toward rear attachment

Hand path and equipment Hand travels rearward beside thigh; elbow contribution partly obscured | Anchored lines / construction unconfirmed

SET-C022 Low-rear rope-grip retention with stance control

Source and time 20260911_050715.mp4 | 00:24:57 to 00:25:41

Group and family bench-supported-rearward-arm-movement | rearward-arm-drive

Classification training-variation

Visible position Standing; knee bend and torso inclination as described

Anchor and resistance direction Low rear attachment; elbow partly cropped | Backward/down toward rear attachment

Hand path and equipment Hand travels rearward beside thigh; elbow contribution partly obscured | Anchored lines / construction unconfirmed

SET-C046 Box-kneeling shared overhead grip and torso fold

Source and time 20260911_050715.mp4 | 00:47:46 to 00:49:12

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C080 Box-kneeling shared overhead grip and torso fold

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:26:04 to 00:26:28

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C081 Box-kneeling shared overhead grip and torso fold

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:26:30 to 00:26:51

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C082 Box-kneeling shared overhead grip and torso fold

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:26:57 to 00:27:25

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C083 Box-kneeling shared overhead grip and torso fold

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:27:26 to 00:27:50

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C084 Box-kneeling shared overhead grip and torso fold

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:27:51 to 00:28:43

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C174 Box-kneeling shared overhead grip and torso fold

Source and time VID_20260724_063347.mp4 | 00:24:54 to 00:25:26

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C175 Box-kneeling shared overhead grip and torso fold

Source and time VID_20260724_063347.mp4 | 00:25:27 to 00:26:23

Group and family box-kneeling-overhead-drive | overhead-arm-drive

Classification training-variation

Visible 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 and resistance direction High rear paired attachments / High rear overhead attachment / High / behind | Back/up toward attachments / Back/up toward attachment / Back/up along rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Anchored paired/single handle line / construction unconfirmed

SET-C047 Box-kneeling shoulder-braced line control

Source and time 20260911_050715.mp4 | 00:49:20 to 00:51:05

Group and family box-kneeling-shoulder-braced-torso-fold | torso-bow

Classification training-variation

Visible position Both knees on padded box; torso varies between upright and inclined

Anchor and resistance direction High rear attachment; handle braced near shoulder/chest | Back/up against braced shoulder/chest contact

Hand path and equipment Handle remains braced; torso folds and returns | Anchored lines / construction unconfirmed

SET-C049 Box-kneeling shoulder-braced line control

Source and time 20260911_050715.mp4 | 00:51:28 to 00:52:04

Group and family box-kneeling-shoulder-braced-torso-fold | torso-bow

Classification training-variation

Visible position Both knees on padded box; torso varies between upright and inclined

Anchor and resistance direction High rear attachment; handle braced near shoulder/chest | Back/up against braced shoulder/chest contact

Hand path and equipment Handle remains braced; torso folds and returns | Anchored lines / construction unconfirmed

SET-C050 Floor kneeling high front draw

Source and time 20260911_050715.mp4 | 00:52:38 to 00:53:02

Group and family floor-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible 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 and resistance direction High / in front / High front/overhead attachment | Up/front toward rack / Up/front toward attachment / Up/front toward overhead rack

Hand path and equipment 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 | Exposed elastic tubes with paired grip attachment, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and paired grip attachment, visually identified

SET-C051 Floor kneeling high front draw

Source and time 20260911_050715.mp4 | 00:53:42 to 00:54:21

Group and family floor-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible 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 and resistance direction High / in front / High front/overhead attachment | Up/front toward rack / Up/front toward attachment / Up/front toward overhead rack

Hand path and equipment 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 | Exposed elastic tubes with paired grip attachment, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and paired grip attachment, visually identified

SET-C085 Floor kneeling high front draw

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:28:50 to 00:29:54

Group and family floor-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible 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 and resistance direction High / in front / High front/overhead attachment | Up/front toward rack / Up/front toward attachment / Up/front toward overhead rack

Hand path and equipment 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 | Exposed elastic tubes with paired grip attachment, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and paired grip attachment, visually identified

SET-C198 Floor kneeling high front draw

Source and time VID_20260725_070834.mp4 | 00:10:56 to 00:11:08

Group and family floor-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible 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 and resistance direction High / in front / High front/overhead attachment | Up/front toward rack / Up/front toward attachment / Up/front toward overhead rack

Hand path and equipment 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 | Exposed elastic tubes with paired grip attachment, visually identified / Anchored lines / construction unconfirmed / Exposed elastic tubes and paired grip attachment, visually identified

SET-C052 Standing shared-grip high-front draw

Source and time VID_20260725_082538.mp4 | 00:08:11 to 00:08:30

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C053 Standing shared-grip high-front draw

Source and time VID_20260725_082538.mp4 | 00:08:37 to 00:08:47

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C054 Standing shared-grip high-front draw

Source and time VID_20260725_082538.mp4 | 00:08:48 to 00:09:42

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C197 Standing shared-grip high-front draw

Source and time VID_20260725_070834.mp4 | 00:10:33 to 00:10:55

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C199 Standing shared-grip high-front draw

Source and time VID_20260725_070834.mp4 | 00:11:12 to 00:11:59

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C200 Standing shared-grip high-front draw

Source and time VID_20260725_070834.mp4 | 00:12:07 to 00:12:14

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C259 Standing shared-grip high-front draw

Source and time 20260829_060124.mp4 | 01:31:11 to 01:31:32

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C314 Standing shared-grip high-front draw

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:30:08 to 00:30:21

Group and family high-front-two-hand-draw | high-front-draw

Classification training-variation

Visible position Standing; shared padded grip on a single high-front line

Anchor and resistance direction Front/side of body; above hand level; terminal outside view / High / in front | Forward and upward toward line origin / Up/front toward overhead rack / Up/front toward rack

Hand path and equipment 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 | 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

SET-C056 Standing high rear upper back braced torso bow

Source and time VID_20260725_082538.mp4 | 00:09:52 to 00:10:57

Group and family standing-high-rear-upper-back-braced-torso-bow | torso-bow

Classification training-variation

Visible position Standing feet close; hands beside head support upper-back webbing; repeated torso bow

Anchor and resistance direction High / behind at overhead rack | Back/up toward overhead rear rack

Hand path and equipment Hands maintain webbing beside head while torso folds forward | Upper-back webbing and anchored line; elastic portion not clearly exposed

SET-C057 Upper-back braced line control with free arms

Source and time VID_20260725_082538.mp4 | 00:11:00 to 00:11:39

Group and family standing-high-rear-upper-back-braced-arm-opening | wide-arm-drive

Classification training-variation

Visible position Standing feet widen; webbing crosses upper back; arms open and lower with torso inclination

Anchor and resistance direction High / behind at overhead rack | Back/up toward overhead rear rack

Hand path and equipment Arms open laterally and lower; upper-back webbing retains the loaded connection | Upper-back webbing and anchored line; elastic portion not clearly exposed

SET-C064 Low back bar torso bow

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:11:55 to 00:13:00

Group and family low-back-bar-torso-bow | torso-bow

Classification training-variation

Visible 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 and resistance direction 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 | Toward side rack attachments / Toward paired side/rear attachments / Laterally toward both rack attachments; resultant changes with bow / Toward paired side rack points

Hand path and equipment 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 | Padded bar with paired anchored lines / construction unconfirmed / Padded bar with paired exposed elastic tubes

SET-C065 Low back bar torso bow

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:13:13 to 00:14:14

Group and family low-back-bar-torso-bow | torso-bow

Classification training-variation

Visible 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 and resistance direction 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 | Toward side rack attachments / Toward paired side/rear attachments / Laterally toward both rack attachments; resultant changes with bow / Toward paired side rack points

Hand path and equipment 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 | Padded bar with paired anchored lines / construction unconfirmed / Padded bar with paired exposed elastic tubes

SET-C115 Low back bar torso bow

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:10:44 to 00:11:36

Group and family low-back-bar-torso-bow | torso-bow

Classification training-variation

Visible 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 and resistance direction 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 | Toward side rack attachments / Toward paired side/rear attachments / Laterally toward both rack attachments; resultant changes with bow / Toward paired side rack points

Hand path and equipment 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 | Padded bar with paired anchored lines / construction unconfirmed / Padded bar with paired exposed elastic tubes

SET-C116 Low back bar torso bow

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:11:37 to 00:11:47

Group and family low-back-bar-torso-bow | torso-bow

Classification training-variation

Visible 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 and resistance direction 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 | Toward side rack attachments / Toward paired side/rear attachments / Laterally toward both rack attachments; resultant changes with bow / Toward paired side rack points

Hand path and equipment 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 | Padded bar with paired anchored lines / construction unconfirmed / Padded bar with paired exposed elastic tubes

SET-C229 Low back bar torso bow

Source and time 20260829_060124.mp4 | 01:00:41 to 01:01:54

Group and family low-back-bar-torso-bow | torso-bow

Classification training-variation

Visible 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 and resistance direction 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 | Toward side rack attachments / Toward paired side/rear attachments / Laterally toward both rack attachments; resultant changes with bow / Toward paired side rack points

Hand path and equipment 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 | Padded bar with paired anchored lines / construction unconfirmed / Padded bar with paired exposed elastic tubes

SET-C066 Floor-kneeling shoulder-bar posture control

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:14:26 to 00:14:46

Group and family floor-kneeling-shoulder-bar-torso-bow | torso-bow

Classification training-variation

Visible position Both knees on floor; bar across upper back; hands on bar ends

Anchor and resistance direction Low / beside and behind body | Down/back toward paired rack attachments

Hand path and equipment Hands retain bar; torso bows with shoulder-braced bar | Shoulder-braced bar with paired elastic-looking lines

SET-C067 Standing shoulder bar squat bow

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:14:47 to 00:14:58

Group and family standing-shoulder-bar-squat-bow | squat-bar-bow

Classification training-variation

Visible position Standing with shoulder-braced bar; knees flex and torso bows

Anchor and resistance direction Low / beside and behind body | Down/back toward paired rack attachments

Hand path and equipment Hands retain bar; knee bend and torso bow move bar | Shoulder-braced bar with paired elastic-looking lines

SET-C068 Standing shoulder bar squat bow

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:15:03 to 00:15:39

Group and family standing-shoulder-bar-squat-bow | squat-bar-bow

Classification training-variation

Visible position Standing with shoulder-braced bar; knees flex and torso bows

Anchor and resistance direction Low / beside and behind body | Down/back toward paired rack attachments

Hand path and equipment Hands retain bar; knee bend and torso bow move bar | Shoulder-braced bar with paired elastic-looking lines

SET-C072 Floor-kneeling paired high-front arm sweep

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:18:14 to 00:19:11

Group and family bench-straddled-lateral-sweep | wide-arm-drive

Classification training-variation

Visible position Both knees on floor beside the bench end; independent high-front palm grips

Anchor and resistance direction High overhead on paired rack attachments | Upward toward the overhead attachments

Hand path and equipment Wide lateral arm sweep followed by forward/down travel | Anchored lines / construction unconfirmed

SET-C073 Floor-kneeling paired high-front arm sweep

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:19:28 to 00:20:32

Group and family bench-straddled-lateral-sweep | wide-arm-drive

Classification training-variation

Visible position Both knees on floor beside the bench end; independent high-front palm grips

Anchor and resistance direction High overhead on paired rack attachments | Upward toward the overhead attachments

Hand path and equipment Wide lateral arm sweep followed by forward/down travel | Anchored lines / construction unconfirmed

SET-C075 Standing paired high-front arm sweep

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:21:34 to 00:22:01

Group and family standing-high-line-sweep | wide-arm-drive

Classification training-variation

Visible position Standing; both feet on floor

Anchor and resistance direction High overhead paired rack attachments | Upward along tensioned line

Hand path and equipment Arm reaches outward/up then returns lower | Anchored lines / construction unconfirmed

SET-C078 Box-kneeling single-arm high-line torso fold

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:25:06 to 00:25:19

Group and family box-kneeling-unilateral-overhead-drive | overhead-arm-drive

Classification training-variation

Visible position Both knees on padded box; torso inclines / Both knees on padded box; free hand behind torso

Anchor and resistance direction High / behind | Back/up along rear line / Back/up toward rear rack

Hand path and equipment Single handle from near head toward overhead/forward with torso fold / One handle near head then overhead with torso inclination | Anchored line; elastic construction visually inferred

SET-C079 Box-kneeling single-arm high-line torso fold

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:25:26 to 00:26:03

Group and family box-kneeling-unilateral-overhead-drive | overhead-arm-drive

Classification training-variation

Visible position Both knees on padded box; torso inclines / Both knees on padded box; free hand behind torso

Anchor and resistance direction High / behind | Back/up along rear line / Back/up toward rear rack

Hand path and equipment Single handle from near head toward overhead/forward with torso fold / One handle near head then overhead with torso inclination | Anchored line; elastic construction visually inferred

SET-C192 Box-kneeling single-arm high-line torso fold

Source and time VID_20260725_070834.mp4 | 00:07:12 to 00:08:15

Group and family box-kneeling-unilateral-overhead-drive | overhead-arm-drive

Classification training-variation

Visible position Both knees on padded box; torso inclines / Both knees on padded box; free hand behind torso

Anchor and resistance direction High / behind | Back/up along rear line / Back/up toward rear rack

Hand path and equipment Single handle from near head toward overhead/forward with torso fold / One handle near head then overhead with torso inclination | Anchored line; elastic construction visually inferred

SET-C087 Thigh-braced cross-body low-side curl

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:31:38 to 00:32:18

Group and family low-side-unilateral-curl | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Low side attachment beside rig base | Down/side toward attachment

Hand path and equipment Hand curls upward toward shoulder/chest; C087 thigh-braced | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with one red handle, visually identified

SET-C088 Standing inclined single-arm low-rear elbow extension

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:32:24 to 00:33:09

Group and family seated-low-rear-arm-extension | elbow-extension

Classification training-variation

Visible position Standing inclined; left working hand on rope grip; right free hand on low back

Anchor and resistance direction Low rear rack attachment below seated hips | Rearward toward low attachment

Hand path and equipment One handle travels rearward beside hip and returns | Anchored lines / construction unconfirmed

SET-C090 Floor-kneeling single-arm low-rear overhead extension

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:33:38 to 00:33:54

Group and family floor-kneeling-unilateral-low-rear-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low / behind | Back/down toward low rear attachment / Back/down toward low rear rack

Hand path and equipment 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 | Exposed pale elastic tubes and red handle, visually identified / Exposed pale elastic tubes with red handle, visually identified

SET-C153 Floor-kneeling single-arm low-rear overhead extension

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:43:17 to 00:44:25

Group and family floor-kneeling-unilateral-low-rear-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low / behind | Back/down toward low rear attachment / Back/down toward low rear rack

Hand path and equipment 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 | Exposed pale elastic tubes and red handle, visually identified / Exposed pale elastic tubes with red handle, visually identified

SET-C244 Floor-kneeling single-arm low-rear overhead extension

Source and time 20260829_060124.mp4 | 01:17:10 to 01:17:40

Group and family floor-kneeling-unilateral-low-rear-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low / behind | Back/down toward low rear attachment / Back/down toward low rear rack

Hand path and equipment 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 | Exposed pale elastic tubes and red handle, visually identified / Exposed pale elastic tubes with red handle, visually identified

SET-C245 Floor-kneeling single-arm low-rear overhead extension

Source and time 20260829_060124.mp4 | 01:17:41 to 01:18:20

Group and family floor-kneeling-unilateral-low-rear-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low / behind | Back/down toward low rear attachment / Back/down toward low rear rack

Hand path and equipment 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 | Exposed pale elastic tubes and red handle, visually identified / Exposed pale elastic tubes with red handle, visually identified

SET-C246 Floor-kneeling single-arm low-rear overhead extension

Source and time 20260829_060124.mp4 | 01:18:21 to 01:18:38

Group and family floor-kneeling-unilateral-low-rear-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low / behind | Back/down toward low rear attachment / Back/down toward low rear rack

Hand path and equipment 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 | Exposed pale elastic tubes and red handle, visually identified / Exposed pale elastic tubes with red handle, visually identified

SET-C091 Floor kneeling paired overhead extension

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:33:55 to 00:34:18

Group and family floor-kneeling-paired-overhead-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low rear rack attachment below kneeling shoulder height / Low / behind and to sides / Low rear paired attachments / Low / behind at paired rack bases | Backward/downward toward low rear attachment / Back/down toward low side rack / Back/down toward low rear attachments

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with handles, visually identified / Exposed pale elastic tubes with independent handles, visually identified

SET-C092 Floor kneeling paired overhead extension

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:34:19 to 00:34:40

Group and family floor-kneeling-paired-overhead-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low rear rack attachment below kneeling shoulder height / Low / behind and to sides / Low rear paired attachments / Low / behind at paired rack bases | Backward/downward toward low rear attachment / Back/down toward low side rack / Back/down toward low rear attachments

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with handles, visually identified / Exposed pale elastic tubes with independent handles, visually identified

SET-C122 Floor kneeling paired overhead extension

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:16:57 to 00:17:20

Group and family floor-kneeling-paired-overhead-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low rear rack attachment below kneeling shoulder height / Low / behind and to sides / Low rear paired attachments / Low / behind at paired rack bases | Backward/downward toward low rear attachment / Back/down toward low side rack / Back/down toward low rear attachments

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with handles, visually identified / Exposed pale elastic tubes with independent handles, visually identified

SET-C123 Floor kneeling paired overhead extension

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:17:21 to 00:18:08

Group and family floor-kneeling-paired-overhead-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low rear rack attachment below kneeling shoulder height / Low / behind and to sides / Low rear paired attachments / Low / behind at paired rack bases | Backward/downward toward low rear attachment / Back/down toward low side rack / Back/down toward low rear attachments

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with handles, visually identified / Exposed pale elastic tubes with independent handles, visually identified

SET-C232 Floor kneeling paired overhead extension

Source and time 20260829_060124.mp4 | 01:04:20 to 01:05:37

Group and family floor-kneeling-paired-overhead-extension | overhead-extension

Classification training-variation

Visible 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 and resistance direction Low rear rack attachment below kneeling shoulder height / Low / behind and to sides / Low rear paired attachments / Low / behind at paired rack bases | Backward/downward toward low rear attachment / Back/down toward low side rack / Back/down toward low rear attachments

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with handles, visually identified / Exposed pale elastic tubes with independent handles, visually identified

SET-C234 Wide-stance paired low-front draw and squat

Source and time 20260829_060124.mp4 | 01:06:17 to 01:06:51

Group and family standing-inclined-paired-curl-draw | rearward-arm-drive

Classification training-variation

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

Anchor and resistance direction Low front paired attachments / Low / in front at paired rack bases | Down/front toward low attachments / Down/front toward opposite low rack points

Hand path and equipment Both handles draw inward/up toward chest while torso stays inclined / Independent handles toward torso; crossed incoming lines | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with independent handles, visually identified

SET-C103 High-front shared draw with rising and lowering base

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:47:14 to 00:48:06

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C108 High-front shared draw with rising and lowering base

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:04:28 to 00:05:47

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C156 High-front shared draw with rising and lowering base

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:08:47 to 00:09:15

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C157 High-front shared draw with rising and lowering base

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:09:23 to 00:09:35

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C158 High-front shared draw with rising and lowering base

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:09:38 to 00:09:56

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C161 High-front shared draw with rising and lowering base

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:12:27 to 00:13:23

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C176 High-front shared draw with rising and lowering base

Source and time VID_20260724_063347.mp4 | 00:26:36 to 00:27:14

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C177 High-front shared draw with rising and lowering base

Source and time VID_20260724_063347.mp4 | 00:27:15 to 00:27:36

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C178 High-front shared draw with rising and lowering base

Source and time VID_20260724_063347.mp4 | 00:27:41 to 00:28:23

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C179 High-front shared draw with rising and lowering base

Source and time VID_20260724_063347.mp4 | 00:28:38 to 00:29:02

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C262 High-front shared draw with rising and lowering base

Source and time 20260829_060124.mp4 | 01:32:07 to 01:32:31

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C321 High-front shared draw with rising and lowering base

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:37:14 to 00:38:30

Group and family high-front-two-hand-draw-squat | high-front-draw

Classification training-variation

Visible position Body rises and lowers behind the foreground box; lower contacts partly occluded

Anchor and resistance direction High front rack attachment above standing head / High / in front / High front attachment / High front overhead attachment | Forward/up toward rack attachment / Up/front toward overhead rack / Up/front toward attachment / Up/front toward overhead attachment / Up/front toward rack

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C106 Box-supported kneeling paired high-rear grip control

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:02:12 to 00:03:15

Group and family bench-supported-high-rear-downward-drive | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High / behind | Back/up toward high rear rack

Hand path and equipment Paired hand grips toward front/down below chest | Anchored line; elastic construction visually inferred

SET-C107 Box-supported kneeling paired high-rear grip control

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:03:29 to 00:04:21

Group and family bench-supported-high-rear-downward-drive | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High / behind | Back/up toward high rear rack

Hand path and equipment Paired hand grips toward front/down below chest | Anchored line; elastic construction visually inferred

SET-C109 Low-squat high-front draw / shared and single grip

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:06:07 to 00:07:20

Group and family high-front-draw-low-base | high-front-draw

Classification training-variation

Visible position Deep squat with both feet on floor; shared grip changes to single grip

Anchor and resistance direction High front/overhead attachment; terminal outside upper crop | Up/front along loaded line

Hand path and equipment Loaded hand draws toward chest as knees flex; grip varies | Anchored lines / construction unconfirmed

SET-C110 Low-squat high-front draw / shared and single grip

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:07:21 to 00:07:54

Group and family high-front-draw-low-base | high-front-draw

Classification training-variation

Visible position Deep squat with both feet on floor; shared grip changes to single grip

Anchor and resistance direction High front/overhead attachment; terminal outside upper crop | Up/front along loaded line

Hand path and equipment Loaded hand draws toward chest as knees flex; grip varies | Anchored lines / construction unconfirmed

SET-C112 Standing high-line torso fold with grip variations

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:08:33 to 00:09:38

Group and family standing-overhead-held-torso-lean | torso-bow

Classification training-variation

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

Anchor and resistance direction High / behind / High rear overhead attachment | Back/up along upper incoming line / Back/up along high rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Anchored lines / construction unconfirmed

SET-C160 Standing high-line torso fold with grip variations

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:11:24 to 00:12:22

Group and family standing-overhead-held-torso-lean | torso-bow

Classification training-variation

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

Anchor and resistance direction High / behind / High rear overhead attachment | Back/up along upper incoming line / Back/up along high rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Anchored lines / construction unconfirmed

SET-C170 Standing high-line torso fold with grip variations

Source and time VID_20260724_063347.mp4 | 00:11:10 to 00:12:26

Group and family standing-overhead-held-torso-lean | torso-bow

Classification training-variation

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

Anchor and resistance direction High / behind / High rear overhead attachment | Back/up along upper incoming line / Back/up along high rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Anchored lines / construction unconfirmed

SET-C173 Standing high-line torso fold with grip variations

Source and time VID_20260724_063347.mp4 | 00:23:50 to 00:24:44

Group and family standing-overhead-held-torso-lean | torso-bow

Classification training-variation

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

Anchor and resistance direction High / behind / High rear overhead attachment | Back/up along upper incoming line / Back/up along high rear line / Back/up toward overhead attachment

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Anchored lines / construction unconfirmed

SET-C117 Shoulder-braced paired side-line squat

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:11:48 to 00:12:40

Group and family shoulder-braced-torso-bow | torso-bow

Classification training-variation

Visible position Standing narrow base; shoulders inclined

Anchor and resistance direction Paired lateral rack attachments near standing waist height | Laterally toward rack attachments

Hand path and equipment Bar/handles braced behind shoulders while torso inclines | Padded bar with paired anchored lines / construction unconfirmed

SET-C121 Paired low-rear line control with torso inclination

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:15:36 to 00:16:54

Group and family standing-low-line-rearward-drive | rearward-arm-drive

Classification training-variation

Visible 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 and resistance direction Low rear/side attachments; elastic segments return to floor-level rack area / Low rear paired attachments | Toward rear/side attachments / Back/down toward attachments

Hand path and equipment Hands drive rearward beside hips while knees bend / Short hand travel rearward beside trunk; elbow contribution unresolved | Exposed pale elastic tubes with independent handles, visually identified / Anchored lines / construction unconfirmed

SET-C124 Paired low-rear line control with torso inclination

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:18:10 to 00:18:44

Group and family standing-low-line-rearward-drive | rearward-arm-drive

Classification training-variation

Visible 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 and resistance direction Low rear/side attachments; elastic segments return to floor-level rack area / Low rear paired attachments | Toward rear/side attachments / Back/down toward attachments

Hand path and equipment Hands drive rearward beside hips while knees bend / Short hand travel rearward beside trunk; elbow contribution unresolved | Exposed pale elastic tubes with independent handles, visually identified / Anchored lines / construction unconfirmed

SET-C125 Floor-kneeling alternating low-side arm opening

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:18:45 to 00:19:26

Group and family floor-kneeling-wide-arm-drive | wide-arm-drive

Classification training-variation

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

Anchor and resistance direction Low rear paired attachments / High / in front at paired rack points | Back/down toward attachments / Up/front toward paired rack points

Hand path and equipment Wide handles sweep forward/up with torso incline / Paired handles sweep laterally/forward with torso movement | Anchored lines / construction unconfirmed / Exposed elastic tubes with paired grips, visually identified

SET-C201 Floor-kneeling alternating low-side arm opening

Source and time VID_20260725_070834.mp4 | 00:12:15 to 00:12:47

Group and family floor-kneeling-wide-arm-drive | wide-arm-drive

Classification training-variation

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

Anchor and resistance direction Low rear paired attachments / High / in front at paired rack points | Back/down toward attachments / Up/front toward paired rack points

Hand path and equipment Wide handles sweep forward/up with torso incline / Paired handles sweep laterally/forward with torso movement | Anchored lines / construction unconfirmed / Exposed elastic tubes with paired grips, visually identified

SET-C202 Floor-kneeling alternating low-side arm opening

Source and time VID_20260725_070834.mp4 | 00:12:48 to 00:12:50

Group and family floor-kneeling-wide-arm-drive | wide-arm-drive

Classification training-variation

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

Anchor and resistance direction Low rear paired attachments / High / in front at paired rack points | Back/down toward attachments / Up/front toward paired rack points

Hand path and equipment Wide handles sweep forward/up with torso incline / Paired handles sweep laterally/forward with torso movement | Anchored lines / construction unconfirmed / Exposed elastic tubes with paired grips, visually identified

SET-C142 Standing head harness torso bow

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:32:01 to 00:32:54

Group and family standing-head-harness-torso-bow | head-harness-bow

Classification special-head-contact-setup

Visible position Standing inclined; head harness bears loaded line

Anchor and resistance direction High / behind | Up/back through harness

Hand path and equipment Hands free/near torso; head and torso bow together | Anchored line and visible head harness; construction inferred

SET-C154 Inclined shared-grip low-front curl

Source and time 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:44:32 to 00:44:47

Group and family standing-inclined-low-line-drive | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Low front/side rack anchor below waist / Low / behind at paired side rack bases | Down/front toward rack base / Back/down toward low paired rack points

Hand path and equipment Handle moves near chest/front while torso inclines / Independent handles travel from sides/rear toward wider forward positions | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with independent handles, visually identified

SET-C230 Inclined shared-grip low-front curl

Source and time 20260829_060124.mp4 | 01:02:44 to 01:03:08

Group and family standing-inclined-low-line-drive | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Low front/side rack anchor below waist / Low / behind at paired side rack bases | Down/front toward rack base / Back/down toward low paired rack points

Hand path and equipment Handle moves near chest/front while torso inclines / Independent handles travel from sides/rear toward wider forward positions | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with independent handles, visually identified

SET-C231 Inclined shared-grip low-front curl

Source and time 20260829_060124.mp4 | 01:03:09 to 01:04:12

Group and family standing-inclined-low-line-drive | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Low front/side rack anchor below waist / Low / behind at paired side rack bases | Down/front toward rack base / Back/down toward low paired rack points

Hand path and equipment Handle moves near chest/front while torso inclines / Independent handles travel from sides/rear toward wider forward positions | Anchored lines / construction unconfirmed / Exposed pale

elastic tubes with independent handles, visually identified

SET-C159 Floor-kneeling high-line torso fold

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:10:18 to 00:11:22

Group and family floor-kneeling-overhead-held-torso-fold | torso-bow

Classification training-variation

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

Anchor and resistance direction High overhead attachment; front/rear relation changes with body turn / High rear overhead attachment | Upward along overhead line / Back/up toward overhead attachment

Hand path and equipment Hands overhead while torso bows; separate elbow travel unresolved / Handles held near head while trunk folds and rises; elbow contribution unresolved | Anchored lines / construction unconfirmed

SET-C169 Floor-kneeling high-line torso fold

Source and time VID_20260724_063347.mp4 | 00:10:03 to 00:11:09

Group and family floor-kneeling-overhead-held-torso-fold | torso-bow

Classification training-variation

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

Anchor and resistance direction High overhead attachment; front/rear relation changes with body turn / High rear overhead attachment | Upward along overhead line / Back/up toward overhead attachment

Hand path and equipment Hands overhead while torso bows; separate elbow travel unresolved / Handles held near head while trunk folds and rises; elbow contribution unresolved | Anchored lines / construction unconfirmed

SET-C162 Standing-to-squat shared high-front draw

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:13:25 to 00:14:18

Group and family standing-backward-lean-high-front-paired-draw | high-front-draw

Classification training-variation

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

Anchor and resistance direction High front attachment | Up/front toward attachment

Hand path and equipment Two-hand downward draw toward chest/thighs with torso and knee motion | Anchored lines / construction unconfirmed

SET-C163 Standing inclined paired high-rear arm sweep

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:14:59 to 00:16:21

Group and family standing-paired-wide-arm-sweep | wide-arm-drive

Classification training-variation

Visible position Standing inclined, narrow-to-staggered base

Anchor and resistance direction Paired high rear/side rack attachments | Back/up toward rack attachments

Hand path and equipment Wide arms travel forward/up and return beside torso | Anchored lines / construction unconfirmed

SET-C164 Low-rear palm-grip forearm rotation

Source and time VID_20260724_063347.mp4 | 00:05:23 to 00:06:24

Group and family bench-straddled-low-rear-arm-drive | forearm-rotation

Classification training-variation

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

Anchor and resistance direction Low rear paired rack attachments below the hips | Back/down toward rear attachments

Hand path and equipment Handles drive rearward beside hips; shoulder/elbow contribution unresolved | Anchored lines / construction unconfirmed

SET-C165 Standing paired low-rear overhead extension

Source and time VID_20260724_063347.mp4 | 00:06:26 to 00:07:17

Group and family bench-straddled-overhead-extension | overhead-extension

Classification training-variation

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

Anchor and resistance direction Low rear paired rack attachments, below seated shoulder level | Back/down toward low rear rack attachments

Hand path and equipment Behind-head to forward/up for extension; alternating forward travel in C166 | Anchored elastic-looking paired lines / construction visually inferred

SET-C166 Standing paired low-rear overhead extension

Source and time VID_20260724_063347.mp4 | 00:07:29 to 00:08:06

Group and family bench-straddled-overhead-extension | overhead-extension

Classification training-variation

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

Anchor and resistance direction Low rear paired rack attachments, below seated shoulder level | Back/down toward low rear rack attachments

Hand path and equipment Behind-head to forward/up for extension; alternating forward travel in C166 | Anchored elastic-looking paired lines / construction visually inferred

SET-C167 Standing paired low-rear overhead extension

Source and time VID_20260724_063347.mp4 | 00:08:14 to 00:09:02

Group and family bench-straddled-overhead-extension | overhead-extension

Classification training-variation

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

Anchor and resistance direction Low rear paired rack attachments, below seated shoulder level | Back/down toward low rear rack attachments

Hand path and equipment Behind-head to forward/up for extension; alternating forward travel in C166 | Anchored elastic-looking paired lines / construction visually inferred

SET-C168 Standing shared-grip high-rear elbow extension

Source and time VID_20260724_063347.mp4 | 00:09:49 to 00:10:02

Group and family standing-overhead-drive | overhead-extension

Classification training-variation

Visible position Standing; knee bend and torso inclination as described

Anchor and resistance direction High rear overhead attachment | Back/up toward overhead attachment

Hand path and equipment From handles near head toward overhead reach | Anchored lines / construction unconfirmed

SET-C241 Standing inclined single-arm low-front curl

Source and time 20260829_060124.mp4 | 01:13:57 to 01:14:40

Group and family standing-inclined-unilateral-curl | elbow-flexion

Classification training-variation

Visible 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 and resistance direction Low front/side rack attachment below hand level / Low / behind and to side / Low / in front at rack base | Down/front toward low attachment / Down/back toward low rear-side point / Down/front toward low rack point

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with red handle, visually identified / Exposed pale elastic tubes with one handle, visually identified

SET-C181 Standing inclined single-arm low-front curl

Source and time VID_20260724_063347.mp4 | 00:36:19 to 00:36:56

Group and family standing-inclined-unilateral-curl | elbow-flexion

Classification training-variation

Visible 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 and resistance direction Low front/side rack attachment below hand level / Low / behind and to side / Low / in front at rack base | Down/front toward low attachment / Down/back toward low rear-side point / Down/front toward low rack point

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with red handle, visually identified / Exposed pale elastic tubes with one handle, visually identified

SET-C182 Standing inclined single-arm low-front curl

Source and time VID_20260724_063347.mp4 | 00:36:58 to 00:37:34

Group and family standing-inclined-unilateral-curl | elbow-flexion

Classification training-variation

Visible 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 and resistance direction Low front/side rack attachment below hand level / Low / behind and to side / Low / in front at rack base | Down/front toward low attachment / Down/back toward low rear-side point / Down/front toward low rack point

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with red handle, visually identified / Exposed pale elastic tubes with one handle, visually identified

SET-C242 Standing inclined single-arm low-front curl

Source and time 20260829_060124.mp4 | 01:14:45 to 01:15:24

Group and family standing-inclined-unilateral-curl | elbow-flexion

Classification training-variation

Visible 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 and resistance direction Low front/side rack attachment below hand level / Low / behind and to side / Low / in front at rack base | Down/front toward low attachment / Down/back toward low rear-side point / Down/front toward low rack point

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with red handle, visually

identified / Exposed pale elastic tubes with one handle, visually identified

SET-C274 Standing inclined single-arm low-front curl

Source and time VID_20260724_054350.mp4 | 00:23:46 to 00:23:57

Group and family standing-inclined-unilateral-curl | elbow-flexion

Classification training-variation

Visible 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 and resistance direction Low front/side rack attachment below hand level / Low / behind and to side / Low / in front at rack base | Down/front toward low attachment / Down/back toward low rear-side point / Down/front toward low rack point

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with red handle, visually identified / Exposed pale elastic tubes with one handle, visually identified

SET-C093 Standing inclined single-arm low-front curl

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:34:48 to 00:35:00

Group and family standing-inclined-unilateral-curl | elbow-flexion

Classification training-variation

Visible 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 and resistance direction Low front/side rack attachment below hand level / Low / behind and to side / Low / in front at rack base | Down/front toward low attachment / Down/back toward low rear-side point / Down/front toward low rack point

Hand path and equipment 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 | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with red handle, visually identified / Exposed pale elastic tubes with one handle, visually identified

SET-C183 Standing two hand single handle overhead extension

Source and time VID_20260724_063347.mp4 | 00:37:36 to 00:38:03

Group and family standing-two-hand-single-handle-overhead-extension | overhead-extension

Classification training-variation

Visible position Standing; two hands on one handle / Standing; two hands share one handle; knee lifts in later phase

Anchor and resistance direction Low rear rack attachment; same line carried into overhead position / Low / behind | Back/down toward low rear attachment / Back/down toward low rack

Hand path and equipment Both hands share one handle; behind head to overhead / Shared handle from behind head toward overhead | Anchored lines / construction unconfirmed / Exposed elastic tubes with handle attachment, visually identified

SET-C325 Standing two hand single handle overhead extension

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:42:16 to 00:43:11

Group and family standing-two-hand-single-handle-overhead-extension | overhead-extension

Classification training-variation

Visible position Standing; two hands on one handle / Standing; two hands share one handle; knee lifts in later phase

Anchor and resistance direction Low rear rack attachment; same line carried into overhead position / Low / behind | Back/down toward low rear attachment / Back/down toward low rack

Hand path and equipment Both hands share one handle; behind head to overhead / Shared handle from behind head toward overhead | Anchored lines / construction unconfirmed / Exposed elastic tubes with handle attachment, visually identified

SET-C326 Standing two hand single handle overhead extension

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:43:12 to 00:45:00

Group and family standing-two-hand-single-handle-overhead-extension | overhead-extension

Classification training-variation

Visible position Standing; two hands on one handle / Standing; two hands share one handle; knee lifts in later phase

Anchor and resistance direction Low rear rack attachment; same line carried into overhead position / Low / behind | Back/down toward low rear attachment / Back/down toward low rack

Hand path and equipment Both hands share one handle; behind head to overhead / Shared handle from behind head toward overhead | Anchored lines / construction unconfirmed / Exposed elastic tubes with handle attachment, visually identified

SET-C184 Paired high-line arm opening with knee lift

Source and time VID_20260725_070834.mp4 | 00:01:03 to 00:01:28

Group and family standing-two-hand-high-rear-overhead-drive | wide-arm-drive

Classification training-variation

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

Anchor and resistance direction High / behind and to side / High / behind | Back/up toward rear-side rack / Back/up toward rear rack

Hand path and equipment Shared overhead grip with torso lean / Shared handle from beside/behind head to overhead as torso inclines | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred

SET-C290 Paired high-line arm opening with knee lift

Source and time 20260829_060124.mp4 | 00:22:31 to 00:23:54

Group and family standing-two-hand-high-rear-overhead-drive | wide-arm-drive

Classification training-variation

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

Anchor and resistance direction High / behind and to side / High / behind | Back/up toward rear-side rack / Back/up toward rear rack

Hand path and equipment Shared overhead grip with torso lean / Shared handle from beside/behind head to overhead as torso inclines | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred

SET-C186 Standing high front wide arm sweep

Source and time VID_20260725_070834.mp4 | 00:02:56 to 00:03:34

Group and family standing-high-front-wide-arm-sweep | wide-arm-drive

Classification training-variation

Visible position Standing with knee bend; base lowers in later phase

Anchor and resistance direction High / in front at paired rack points | Up/front toward paired rack points

Hand path and equipment Independent handles sweep between lower/side and overhead positions | Exposed elastic tubes with independent handles, visually identified

SET-C187 Standing high front wide arm sweep

Source and time VID_20260725_070834.mp4 | 00:03:35 to 00:04:33

Group and family standing-high-front-wide-arm-sweep | wide-arm-drive

Classification training-variation

Visible position Standing with knee bend; base lowers in later phase

Anchor and resistance direction High / in front at paired rack points | Up/front toward paired rack points

Hand path and equipment Independent handles sweep between lower/side and overhead positions | Exposed elastic tubes with independent handles, visually identified

SET-C188 Standing inclined high rear wide arm drive

Source and time VID_20260725_070834.mp4 | 00:04:34 to 00:05:35

Group and family standing-inclined-high-rear-wide-arm-drive | wide-arm-drive

Classification training-variation

Visible position Standing, knees flexed and torso deeply inclined

Anchor and resistance direction High / behind | Back/up toward paired rack points

Hand path and equipment Independent handles at sides sweep/drive as torso folds | Exposed elastic tubes with independent handles, visually identified

SET-C189 Standing paired high-rear palm-grip control

Source and time VID_20260725_070834.mp4 | 00:05:36 to 00:05:50

Group and family standing-alternating-high-front-draw | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High / in front | Up/front toward paired rack points / Up/front toward rack

Hand path and equipment Handles toward upper torso/face, alternating hand heights and short elbow flexion / Alternating handle descent; opposite handle near head | Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C191 Standing paired high-rear palm-grip control

Source and time VID_20260725_070834.mp4 | 00:06:32 to 00:07:04

Group and family standing-alternating-high-front-draw | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High / in front | Up/front toward paired rack points / Up/front toward rack

Hand path and equipment Handles toward upper torso/face, alternating hand heights and short elbow flexion / Alternating handle descent; opposite handle near head | Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C305 Standing paired high-rear palm-grip control

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:17:36 to 00:18:15

Group and family standing-alternating-high-front-draw | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High / in front | Up/front toward paired rack points / Up/front toward rack

Hand path and equipment Handles toward upper torso/face, alternating hand heights and short elbow flexion / Alternating handle descent; opposite handle near head | Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C306 Standing paired high-rear palm-grip control

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:18:16 to 00:18:25

Group and family standing-alternating-high-front-draw | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High / in front | Up/front toward paired rack points / Up/front toward rack

Hand path and equipment Handles toward upper torso/face, alternating hand heights and short elbow flexion / Alternating handle descent; opposite handle near head | Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C307 Standing paired high-rear palm-grip control

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:18:26 to 00:19:07

Group and family standing-alternating-high-front-draw | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction High / in front | Up/front toward paired rack points / Up/front toward rack

Hand path and equipment Handles toward upper torso/face, alternating hand heights and short elbow flexion / Alternating handle descent; opposite handle near head | Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C190 Floor kneeling paired high front draw

Source and time VID_20260725_070834.mp4 | 00:05:51 to 00:06:31

Group and family floor-kneeling-paired-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees on floor; torso bows / Both knees on floor

Anchor and resistance direction High / in front | Up/front toward paired rack points / Up/front toward rack

Hand path and equipment Independent handles return overhead then draw toward head/chest / Independent handles from overhead toward head/shoulders | Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C304 Floor kneeling paired high front draw

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:16:28 to 00:17:20

Group and family floor-kneeling-paired-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees on floor; torso bows / Both knees on floor

Anchor and resistance direction High / in front | Up/front toward paired rack points / Up/front toward rack

Hand path and equipment Independent handles return overhead then draw toward head/chest / Independent handles from overhead toward head/shoulders | Exposed elastic tubes with independent handles, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C205 Standing inclined single-arm front-line draw

Source and time VID_20260725_070834.mp4 | 00:14:00 to 00:14:35

Group and family standing-inclined-unilateral-high-front-band-curl-draw | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Front rack / below the working hand in the selected view | Toward the front attachment along the visible line; hidden terminal geometry not reconstructed

Hand path and equipment Hand draws toward upper torso; line returns upward to front rack | Sleeved resistance-band line, visually inferred

SET-C217 Standing single handle band sweep reposition

Source and time VID_20260725_070834.mp4 | 00:26:31 to 00:26:53

Group and family standing-single-handle-band-sweep-reposition | line-hold

Classification transition-or-demonstration

Visible position Standing and turning; feet on floor

Anchor and resistance direction Near head / side-rear; fixed rack attachment | Toward near head / side-rear; fixed rack attachment along the loaded line

Hand path and equipment Single hand moves from lateral to overhead while turning | Sleeved resistance-band line, visually inferred

SET-C218 Standing single-arm rearward drive with torso incline

Source and time VID_20260725_070834.mp4 | 00:26:54 to 00:27:18

Group and family standing-unilateral-band-overhead-arm-drive-with-lateral-torso-inclination | rearward-arm-drive

Classification training-variation

Visible position Standing; knees flexed; free arm hanging or braced

Anchor and resistance direction Near head / side-rear; fixed rack attachment | Toward near head / side-rear; fixed rack attachment along the loaded line

Hand path and equipment Working hand overhead/lateral; elbow and shoulder action combined | Sleeved resistance-band line, visually inferred

SET-C219 Standing inclined single-arm downward drive

Source and time VID_20260725_070834.mp4 | 00:27:19 to 00:27:38

Group and family standing-inclined-unilateral-band-overhead-arm-drive | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction Near head / behind-side body | Toward near head / behind-side body along the loaded line

Hand path and equipment Working hand moves overhead and toward head; free hand unconnected | Sleeved resistance-band line, visually inferred

SET-C220 Low-base single-arm high-side line control

Source and time VID_20260725_070834.mp4 | 00:27:39 to 00:28:34

Group and family deep-squat-unilateral-high-side-band-draw-hold | line-hold

Classification training-variation

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

Anchor and resistance direction High relative to squat / side | Toward high relative to squat / side along the loaded line

Hand path and equipment Working hand lateral to chest/head while body lowers | Sleeved resistance-band line, visually inferred

SET-C221 Standing shared-grip downward draw

Source and time VID_20260725_070834.mp4 | 00:28:35 to 00:28:59

Group and family standing-two-hand-single-band-pressdown-draw | shared-downward-draw

Classification training-variation

Visible position Standing with slight torso inclination

Anchor and resistance direction Near head / front-side body | Toward near head / front-side body along the loaded line

Hand path and equipment Both hands on one handle move from head/chest toward thighs | Sleeved resistance-band line, visually inferred

SET-C222 Shared-grip downward draw with lowering base

Source and time VID_20260725_070834.mp4 | 00:29:00 to 00:29:19

Group and family deep-squat-two-hand-single-band-downward-draw | shared-downward-draw

Classification training-variation

Visible position Body lowers as hands draw down; lower contacts partly occluded by foreground bench

Anchor and resistance direction High relative to squat / front-side body | Toward high relative to squat / front-side body along the loaded line

Hand path and equipment Both hands draw down toward knees as torso folds | Sleeved resistance-band line, visually inferred

SET-C224 Floor-kneeling right-arm high-side torso fold

Source and time VID_20260725_070834.mp4 | 00:29:36 to 00:30:07

Group and family floor-kneeling-two-hand-single-band-overhead-arm-drive | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction Above kneeling head / behind-side body | Toward above kneeling head / behind-side body along the loaded line

Hand path and equipment Both hands share overhead handle; arm drive and torso fold combined | Sleeved resistance-band line, visually inferred

SET-C225 Single-arm high-side line hold with lowering base

Source and time VID_20260725_070834.mp4 | 00:30:12 to 00:30:20

Group and family standing-unilateral-band-overhead-hold-drive | overhead-arm-drive

Classification training-variation

Visible position Standing; one hand overhead and other free

Anchor and resistance direction Near head / behind-side body | Toward near head / behind-side body along the loaded line

Hand path and equipment One hand raised overhead then torso inclines | Sleeved resistance-band line, visually inferred

SET-C226 Floor-kneeling left-arm high-side torso fold

Source and time VID_20260725_070834.mp4 | 00:30:21 to 00:30:44

Group and family floor-kneeling-unilateral-band-overhead-arm-drive | overhead-arm-drive

Classification training-variation

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

Anchor and resistance direction Above kneeling head / behind-side body | Toward above kneeling head / behind-side body along the loaded line

Hand path and equipment Working hand overhead to behind head; torso inclines and rotates slightly | Sleeved resistance-band line, visually inferred

SET-C228 Front waist bar torso bow

Source and time 20260829_060124.mp4 | 00:59:15 to 01:00:28

Group and family front-waist-bar-torso-bow | torso-bow

Classification training-variation

Visible position Standing wide feet, torso bows; padded bar in front of waist

Anchor and resistance direction Mid-rack paired side points, around standing waist/lower-chest height | Back and slightly upward toward side rack points

Hand path and equipment Bar braced in front of waist; torso folds while hands are free | Padded bar with paired exposed elastic tubes

SET-C233 Standing low line hold

Source and time 20260829_060124.mp4 | 01:05:44 to 01:06:15

Group and family standing-low-line-hold | line-hold

Classification transition-or-demonstration

Visible position Standing; handles near hips

Anchor and resistance direction Low / behind and to sides | Down/back toward low paired points

Hand path and equipment Paired low handle hold with short drive | Exposed pale elastic tubes with independent handles, visually identified

SET-C235 Standing alternating low front curl

Source and time 20260829_060124.mp4 | 01:07:06 to 01:08:20

Group and family standing-alternating-low-front-curl | elbow-flexion

Classification training-variation

Visible position Standing; each hand retains one grip

Anchor and resistance direction Low / in front at paired rack bases | Down/front toward low crossed attachments

Hand path and equipment Alternating elbow flexion brings handle toward shoulder | Exposed pale elastic tubes with independent handles, visually identified

SET-C236 Standing mid side band bar pressdown

Source and time 20260829_060124.mp4 | 01:10:32 to 01:10:44

Group and family standing-mid-side-band-bar-pressdown | bar-pressdown

Classification training-variation

Visible position Standing, feet close together; torso inclined; both hands on bar

Anchor and resistance direction Mid-rack paired side points, around standing waist/lower-chest height | Up/back toward paired side rack points

Hand path and equipment Hands drive bar down toward thighs as elbows extend | Bar with paired exposed elastic tubes, visually identified

SET-C238 Standing mid side band bar pressdown

Source and time 20260829_060124.mp4 | 01:11:32 to 01:12:05

Group and family standing-mid-side-band-bar-pressdown | bar-pressdown

Classification training-variation

Visible position Standing, feet close together; torso inclined; both hands on bar

Anchor and resistance direction Mid-rack paired side points, around standing waist/lower-chest height | Up/back toward paired side rack points

Hand path and equipment Hands drive bar down toward thighs as elbows extend | Bar with paired exposed elastic tubes, visually identified

SET-C237 Floor-kneeling paired side-line bar draw

Source and time 20260829_060124.mp4 | 01:10:45 to 01:11:29

Group and family floor-kneeling-mid-side-bar-draw | side-draw

Classification training-variation

Visible position Both knees on floor; wide knee base; both hands on bar

Anchor and resistance direction Mid-rack paired side points, above hands and near/above kneeling head height | Up/back toward paired side rack points

Hand path and equipment Bar near face/chest then down as torso folds and elbows extend | Bar with paired exposed elastic tubes, visually identified

SET-C239 Floor low base unilateral curl

Source and time 20260829_060124.mp4 | 01:12:54 to 01:13:17

Group and family floor-low-base-unilateral-curl | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Low / behind and to side | Down/back toward low side point

Hand path and equipment One red handle toward torso as elbow flexes; free hand at thigh | Exposed pale elastic tubes with red handle, visually identified

SET-C240 Deep squat unilateral low line curl

Source and time 20260829_060124.mp4 | 01:13:21 to 01:13:42

Group and family deep-squat-unilateral-low-line-curl | elbow-flexion

Classification training-variation

Visible position Deep squat, feet on floor; one active hand

Anchor and resistance direction Low / behind and to side | Down/back toward low side point

Hand path and equipment One red handle toward torso with free hand on thigh | Exposed pale elastic tubes with red handle, visually identified

SET-C243 Deep squat two hand single handle curl

Source and time 20260829_060124.mp4 | 01:15:43 to 01:16:48

Group and family deep-squat-two-hand-single-handle-curl | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Low / in front | Down/front toward low rack

Hand path and equipment Shared red handle toward torso and back forward/down / Shared handle toward chest and back forward/down | Exposed pale elastic tubes with red handle, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C328 Deep squat two hand single handle curl

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:45:20 to 00:46:05

Group and family deep-squat-two-hand-single-handle-curl | elbow-flexion

Classification training-variation

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

Anchor and resistance direction Low / in front | Down/front toward low rack

Hand path and equipment Shared red handle toward torso and back forward/down / Shared handle toward chest and back forward/down | Exposed pale elastic tubes with red handle, visually identified / Exposed elastic tubes with handle attachment, visually identified

SET-C247 Floor-kneeling shared-grip low-rear overhead extension

Source and time 20260829_060124.mp4 | 01:18:39 to 01:19:38

Group and family floor-kneeling-two-hand-single-handle-low-rear-extension | overhead-extension

Classification training-variation

Visible position Both knees on floor; both hands share one handle

Anchor and resistance direction Low / behind | Back/down toward low rear rack

Hand path and equipment Shared red handle behind head toward overhead as elbows extend | Exposed pale elastic tubes with red handle, visually identified

SET-C250 Single-arm side-line chest and shoulder control

Source and time 20260829_060124.mp4 | 01:25:40 to 01:26:12

Group and family standing-side-line-unilateral-draw | side-draw

Classification training-variation

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

Anchor and resistance direction Side incoming line near waist/hand level; terminal attachment outside right view | Toward off-camera side along incoming line

Hand path and equipment One hand draws across/down beside torso with knee bend / One arm draws across/behind side of torso | Exposed paired tubes into single handle; terminal anchor cropped

SET-C251 Single-arm side-line chest and shoulder control

Source and time 20260829_060124.mp4 | 01:26:33 to 01:27:00

Group and family standing-side-line-unilateral-draw | side-draw

Classification training-variation

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

Anchor and resistance direction Side incoming line near waist/hand level; terminal attachment outside right view | Toward off-camera side along incoming line

Hand path and equipment One hand draws across/down beside torso with knee bend / One arm draws across/behind side of torso | Exposed paired tubes into single handle; terminal anchor cropped

SET-C252 Shared-grip side-line anti-rotation reach

Source and time 20260829_060124.mp4 | 01:27:12 to 01:27:55

Group and family standing-two-hand-single-handle-side-draw | anti-rotation

Classification training-variation

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

Anchor and resistance direction Side incoming line below hand level; terminal outside right view | Down/side along incoming line

Hand path and equipment Shared handle held/drawn across front at chest level | Exposed paired elastic tubes into shared handle

SET-C254 Single-leg balance with high-front grip

Source and time 20260829_060124.mp4 | 01:28:48 to 01:29:12

Group and family standing-high-front-draw-leg-lift | high-front-draw

Classification training-variation

Visible position Standing on one foot with other knee/leg raised; one active hand

Anchor and resistance direction High / in front and to side | Up/front toward overhead rack

Hand path and equipment One grip near chest/head with overhead return and leg lift | Anchored line; elastic construction visually inferred

SET-C257 Sandbag-kneeling single-arm high-front draw

Source and time 20260829_060124.mp4 | 01:29:43 to 01:29:58

Group and family sandbag-kneeling-unilateral-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on cylindrical sandbag; free arm at side / Both knees supported on cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward overhead rack / Up/front toward rack

Hand path and equipment One handle toward head/chest with torso inclination / One handle toward upper torso with torso bow | Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C320 Sandbag-kneeling single-arm high-front draw

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:35:08 to 00:36:31

Group and family sandbag-kneeling-unilateral-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on cylindrical sandbag; free arm at side / Both knees supported on cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward overhead rack / Up/front toward rack

Hand path and equipment One handle toward head/chest with torso inclination / One handle toward upper torso with torso bow | Anchored line; elastic construction visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C258 Sandbag-kneeling high-front draw and torso fold

Source and time 20260829_060124.mp4 | 01:29:59 to 01:31:07

Group and family sandbag-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on a low cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C293 Sandbag-kneeling high-front draw and torso fold

Source and time 20260829_060124.mp4 | 00:26:24 to 00:27:03

Group and family sandbag-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on a low cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C295 Sandbag-kneeling high-front draw and torso fold

Source and time 20260829_060124.mp4 | 00:27:26 to 00:28:18

Group and family sandbag-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on a low cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C316 Sandbag-kneeling high-front draw and torso fold

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:31:52 to 00:32:10

Group and family sandbag-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on a low cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C317 Sandbag-kneeling high-front draw and torso fold

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:32:11 to 00:32:14

Group and family sandbag-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on a low cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C318 Sandbag-kneeling high-front draw and torso fold

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:32:15 to 00:33:20

Group and family sandbag-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible position Both knees supported on a low cylindrical sandbag; feet behind

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment 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 | Anchored line; elastic construction visually inferred / Sleeved resistance-band line, visually inferred / Exposed elastic tubes with handle attachment, visually identified

SET-C260 Low-squat high-front draw with lateral weight shift

Source and time 20260829_060124.mp4 | 01:31:33 to 01:31:54

Group and family high-front-draw-lateral-squat | high-front-draw

Classification training-variation

Visible position Low squat; both knees bent; lateral shift between planted feet

Anchor and resistance direction High / in front and to side | Up/front-side toward overhead rack

Hand path and equipment Two grips draw toward front/chest while base shifts laterally | Anchored line; elastic construction visually inferred

SET-C263 Standing high-front draw / shared-to-single grip

Source and time VID_20260724_054350.mp4 | 00:18:29 to 00:19:08

Group and family standing-unilateral-high-front-draw | high-front-draw

Classification training-variation

Visible position Standing; one active handle

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment One hand draws toward upper torso/face and returns upward | Exposed elastic tubes and handle, visually identified

SET-C264 Box seated two hand high front draw

Source and time VID_20260724_054350.mp4 | 00:19:19 to 00:19:44

Group and family box-seated-two-hand-high-front-draw | high-front-draw

Classification training-variation

Visible position Hips on padded box edge; feet on floor; torso folds forward

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment Both hands share one handle; downward toward chest with torso fold | Exposed elastic tubes and handle, visually identified

SET-C265 Box seated two hand high front draw

Source and time VID_20260724_054350.mp4 | 00:19:45 to 00:20:20

Group and family box-seated-two-hand-high-front-draw | high-front-draw

Classification training-variation

Visible position Hips on padded box edge; feet on floor; torso folds forward

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment Both hands share one handle; downward toward chest with torso fold | Exposed elastic tubes and handle, visually identified

SET-C266 Paired palm-grip opening with upper-back padded bridge

Source and time VID_20260724_054350.mp4 | 00:20:21 to 00:20:37

Group and family upper-back-braced-arm-opening | wide-arm-drive

Classification training-variation

Visible position Standing with wide arms; attachment/webbing crosses upper back / Standing; wide upper-back attachment

Anchor and resistance direction Side incoming line around upper-torso level; terminal partly obscured / High / behind | Toward side/rear attachment along incoming line / Up/back toward rack

Hand path and equipment Upper arms open laterally while upper-back attachment is held across shoulders / Arms open while attachment bears across upper back | Anchored upper-back webbing / sleeved line; elastic construction inferred / Sleeved anchored line with webbing upper-back attachment; elastic construction inferred

SET-C322 Paired palm-grip opening with upper-back padded bridge

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:38:40 to 00:39:07

Group and family upper-back-braced-arm-opening | wide-arm-drive

Classification training-variation

Visible position Standing with wide arms; attachment/webbing crosses upper back / Standing; wide upper-back attachment

Anchor and resistance direction Side incoming line around upper-torso level; terminal partly obscured / High / behind | Toward side/rear attachment along incoming line / Up/back toward rack

Hand path and equipment Upper arms open laterally while upper-back attachment is held across shoulders / Arms open while attachment bears across upper back | Anchored upper-back webbing / sleeved line; elastic construction inferred / Sleeved anchored line with webbing upper-back attachment; elastic construction inferred

SET-C269 Standing single-arm high-rear elbow extension

Source and time VID_20260724_054350.mp4 | 00:21:28 to 00:22:22

Group and family standing-unilateral-high-rear-overhead-drive | overhead-extension

Classification training-variation

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

Anchor and resistance direction High / behind and to side / High / behind | Back/up toward rear-side rack / Back/up toward rack

Hand path and equipment One hand drives from beside head toward overhead; free hand behind torso / One hand from beside head toward overhead | Sleeved resistance-band line, visually inferred / Sleeved anchored line with single handle; elastic construction inferred

SET-C324 Standing single-arm high-rear elbow extension

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:40:45 to 00:41:47

Group and family standing-unilateral-high-rear-overhead-drive | overhead-extension

Classification training-variation

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

Anchor and resistance direction High / behind and to side / High / behind | Back/up toward rear-side rack / Back/up toward rack

Hand path and equipment One hand drives from beside head toward overhead; free hand behind torso / One hand from beside head toward overhead | Sleeved resistance-band line, visually inferred / Sleeved anchored line with single handle; elastic construction inferred

SET-C275 Standing inclined low-front triceps extension

Source and time VID_20260724_054350.mp4 | 00:24:00 to 00:24:11

Group and family standing-low-front-unilateral-short-draw | elbow-extension

Classification training-variation

Visible position Standing inclined, free hand behind back; knees partly cropped

Anchor and resistance direction Low / in front at rack base | Down/front toward low rack point

Hand path and equipment One handle retained beside hip during short arm/torso draw | Exposed pale elastic tubes with one handle, visually identified

SET-C291 Standing supported high front curl

Source and time 20260829_060124.mp4 | 00:24:03 to 00:24:47

Group and family standing-supported-high-front-curl | elbow-flexion

Classification training-variation

Visible position Standing with knees flexed; free hand supported on stacked plates / Standing with torso inclined; free hand supported on thigh

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment Single hand toward upper torso/face with elbow flexion | Sleeved resistance-band line, visually inferred

SET-C292 Standing supported high front curl

Source and time 20260829_060124.mp4 | 00:24:57 to 00:25:58

Group and family standing-supported-high-front-curl | elbow-flexion

Classification training-variation

Visible position Standing with knees flexed; free hand supported on stacked plates / Standing with torso inclined; free hand supported on thigh

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment Single hand toward upper torso/face with elbow flexion | Sleeved resistance-band line, visually inferred

SET-C319 Sandbag-supported kneeling high-front draw

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:33:23 to 00:34:46

Group and family sandbag-supported-kneeling-high-front-draw | high-front-draw

Classification training-variation

Visible position Kneeling around/on cylindrical sandbag; front knee contact partly obscured

Anchor and resistance direction High / in front | Up/front toward rack

Hand path and equipment Paired handles overhead then toward head/chest as torso folds | Exposed elastic tubes with handle attachment, visually identified

SET-C323 Upper back braced torso bow

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:39:12 to 00:40:05

Group and family upper-back-braced-torso-bow | torso-bow

Classification training-variation

Visible position Standing wide stance, knees flexed; upper back braced

Anchor and resistance direction High / behind | Up/back toward rack

Hand path and equipment Attachment across upper back; torso bows forward and returns | Sleeved anchored line with webbing upper-back attachment; elastic construction inferred

SET-C327 Standing shared-grip low-front arm raise with torso hinge

Source and time 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:45:04 to 00:45:19

Group and family standing-inclined-two-hand-single-handle-curl | low-front-arm-raise

Classification training-variation

Visible position Standing, knees flexed and torso inclined

Anchor and resistance direction Low / in front | Down/front toward low rack

Hand path and equipment Shared grip moves forward/up as the torso rises; elbows remain relatively extended | Exposed elastic tubes with handle attachment, visually identified

SET-C086 Standing low-side forearm and grip rotation

Source and time ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:31:20 to 00:31:26

Group and family standing-low-side-forearm-rotation | forearm-rotation

Classification training-variation

Visible position Standing, working arm lowered beside the body; elbow angle stays nearly steady

Anchor and resistance direction Low side attachment beside rig base | Down/side toward attachment

Hand path and equipment The red handle rotates in the working hand while the forearm turns; no full curl established in this passage | Anchored lines / construction unconfirmed / Exposed pale elastic tubes with one red handle, visually identified

Earlier sampled observations and their limits

These 53 records preserve the initial narrow observation layer, before the later 173-passage consolidation. They are not added to the current passage count. Later source-geometry corrections take precedence when they address the same footage. A five-second observation is not a full exercise set. [S19 S20]

V001 Unilateral curl with low elastic line

Source 20260829_060124.mp4 | 01:07:30 to 01:07:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, slight forward lean; anchor Low, near base of rig; direction Low to high toward shoulder; equipment Elastic line / handle

Confidence medium

Notes Elbow flexion and return visible; band identity and load unreadable.

Anatomical interpretation Biceps brachii; brachialis; brachioradialis

Joint action Elbow flexion

Anatomy limitation Grip and forearm orientation affect the contribution

V002 Alternating overhead arm sweep / activation

Source 20260829_060124.mp4 | 01:15:30 to 01:15:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, turning between sides; anchor Low; some attachment obscured; direction Low to high and across body; equipment Elastic line / red handles

Confidence medium

Notes Arm paths vary within the window; retain as activation rather than a strict lateral raise.

Anatomical interpretation Deltoid; scapular stabilizers

Joint action Shoulder elevation / sweeping

Anatomy limitation Exact deltoid region depends on the observed arm path

V003 Cross-body single-arm curl / draw

Source 20260829_060124.mp4 | 01:32:00 to 01:32:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, slight knee bend; anchor High line appears in frame; attachment obscured; direction Oblique across torso toward opposite shoulder; equipment Anchored line / handle; elasticity uncertain

Confidence low

Notes Curl-like action; cannot resolve curl versus diagonal shoulder draw conclusively.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V004 Seated forward-hinged arm pressdown / sweep

Source 20260911_050715.mp4 | 00:15:00 to 00:15:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Seated on bench, forward hinge; anchor Overhead, behind torso; direction High to low / rearward; equipment Suspension-style grey lines; elasticity unconfirmed

Confidence medium

Notes Elbow extension and larger shoulder sweep both occur; preserve combination.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V005 Floor-kneeling pressdown

Source 20260911_050715.mp4 | 00:20:00 to 00:20:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Tall kneeling transitioning toward squat; anchor Above head; direction High to low toward thighs; equipment Anchored handle lines; elasticity unconfirmed

Confidence medium

Notes Kneeling elbow extension visible before changing position.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V006 Behind-body elastic arm hold

Source 20260911_050715.mp4 | 00:24:40 to 00:24:45

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, slight lean, hand behind hip; anchor Low to mid relative to body; exact attachment offscreen; direction Rearward diagonal line; equipment Braided elastic-looking line / red handle

Confidence medium

Notes Little hand travel in these frames; hold observed, kickback repetition not established.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V007 Box-kneeling overhead triceps extension

Source 20260911_050715.mp4 | 00:49:10 to 00:49:15

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on padded box, forward lean; anchor High, behind upper body; direction Forward/downward diagonal from behind head; equipment Suspension-style grey lines; elasticity unconfirmed

Confidence high

Notes Elbows bend then extend; torso subsequently rises.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V008 Floor-kneeling overhead triceps extension

Source 20260911_050715.mp4 | 00:54:10 to 00:54:15

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on floor, deep forward lean; anchor Overhead behind body; direction Forward diagonal extension near floor; equipment Suspension-style grey lines; elasticity unconfirmed

Confidence high

Notes Distinct floor-supported variant of the box-kneeling action.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V009 Standing high-to-low diagonal two-hand draw

Source 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:09:20 to 00:09:25

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing with knee bend; anchor Overhead; direction Diagonal downward across body; equipment Anchored line / paired grip; elasticity unconfirmed

Confidence medium

Notes Both hands travel from head height to low centre; not enough to isolate elbow action.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V010 Squat with high-line arm draw

Source 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:14:10 to 00:14:15

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Squat to standing; anchor Overhead; direction Downward/front diagonal relative to shoulders; equipment Anchored handle lines; elasticity unconfirmed

Confidence high

Notes Leg drive accompanies arm draw; separate from a static squat pull.

Anatomical interpretation Quadriceps; gluteus maximus

Joint action Hip and knee extension

Anatomy limitation Anchored handles may assist balance or add resistance

V011 Forward-hinged arm extension / sweep

Source 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:18:40 to 00:18:45

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing hip hinge; anchor High behind torso; direction High to low toward hip; equipment Anchored handle line; elasticity unconfirmed

Confidence medium

Notes Very small range here; triceps versus shoulder-extension emphasis unresolved.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V012 Standing alternating overhead / outward sweeps

Source 0b8ac0e18878cd60c8054e9018343ac7_720_1280.mp4 | 00:41:20 to 00:41:25

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, facing away, mild weight shift; anchor High sides; direction Overhead to lateral/downward arcs; equipment Anchored paired lines; elasticity unconfirmed

Confidence high

Notes Alternating unilateral and bilateral sweeping paths occur.

Anatomical interpretation Deltoid; scapular stabilizers

Joint action Shoulder elevation / sweeping

Anatomy limitation Exact deltoid region depends on the observed arm path

V013 Low-line hinge and reset

Source 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:04:25 to 00:04:30

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, turning to face away, hip hinge; anchor Low paired anchors at rig base; direction Low rearward diagonal toward hands; equipment Elastic tubes / yellow handle connectors

Confidence medium

Notes Position transition and hinge visible; not a verified curl set.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V014 Squat with wide arm hold

Source 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:12:30 to 00:12:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Feet together squat, torso inclined; anchor Mid relative to standing torso; direction Lateral / slightly rearward near shoulder line; equipment Braided elastic-looking paired lines / handles

Confidence high

Notes Hands remain wide while body lowers and rises. Distinct from chest fly repetitions.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V015 Low-line squat / hip drive

Source 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:16:35 to 00:16:40

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing to shallow squat, facing away; anchor Low paired anchors at rig base; direction Low rearward diagonal; equipment Elastic tubes / paired handles

Confidence high

Notes Paired hand holds accompany repeated knee/hip flexion.

Anatomical interpretation Quadriceps; gluteus maximus

Joint action Hip and knee extension

Anatomy limitation Anchored handles may assist balance or add resistance

V016 Forward fold / resisted torso drop

Source 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:32:50 to 00:32:55

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing with bent knees, deep trunk fold; anchor Overhead behind body; direction Downward with torso movement; equipment Suspension-style grey lines; elasticity unconfirmed

Confidence high

Notes Hands beside head during fold; elbow extension also appears near end.

Anatomical interpretation Trunk musculature - pattern unresolved

Joint action Torso folding / rotation

Anatomy limitation No single prime mover assigned without clearer motion

V017 Standing overhead arm extension / reach

Source VID_20260724_063347.mp4 | 00:23:55 to 00:24:00

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, facing away, slight lean; anchor High behind body; direction Forward/upward from behind head; equipment Anchored paired lines; elasticity unconfirmed

Confidence medium

Notes Small visible range; overhead triceps family probable.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V018 Wide-squat high-to-low draw

Source VID_20260724_063347.mp4 | 00:27:20 to 00:27:25

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Wide squat, torso hinged; anchor Overhead; direction Downward diagonal toward knees; equipment Anchored paired lines; elasticity unconfirmed

Confidence high

Notes Static wide base with hand movement downward.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V019 Seated dumbbell curl

Source VID_20260724_063347.mp4 | 00:30:35 to 00:30:40

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Seated on flat bench; anchor No anchor; direction Upward elbow flexion; equipment Dumbbells

Confidence high

Notes Reference only; excluded from band/strap/cable exercise appendix.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V020 Supine dumbbell fly

Source VID_20260724_063347.mp4 | 00:33:40 to 00:33:45

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Supine on flat bench; anchor No anchor; direction Lateral opening / inward arc; equipment Dumbbells

Confidence high

Notes Reference only; excluded from band/strap/cable exercise appendix.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V021 Kneeling forward fold with high handles

Source VID_20260725_070834.mp4 | 00:05:50 to 00:05:55

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing into tall kneeling then forward fold; anchor Overhead; direction Downward / forward with torso; equipment Anchored paired lines; elasticity unconfirmed

Confidence high

Notes Position changes are part of sequence; not assumed to be one fixed exercise.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V022 Supine sandbag press and overhead lowering

Source VID_20260725_070834.mp4 | 00:19:25 to 00:19:30

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Supine across padded box; anchor No anchor; direction Vertical press then overhead arc; equipment Weighted sandbag

Confidence high

Notes Reference only; not an elastic band exercise.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V023 Elevated single-leg squat with high handles

Source VID_20260725_070834.mp4 | 00:22:10 to 00:22:15

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing on box, single-leg bend; anchor Overhead; direction High diagonal support line; equipment Suspension-style lines; elasticity unconfirmed

Confidence high

Notes Single-leg lower-body action; do not classify as upper-body pulldown.

Anatomical interpretation Quadriceps; gluteus maximus

Joint action Hip and knee extension

Anatomy limitation Anchored handles may assist balance or add resistance

V024 Seated lateral pull / torso rotation

Source VID_20260725_070834.mp4 | 00:27:50 to 00:27:55

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Seated, wide base; anchor High lateral anchor; direction Diagonal lateral draw toward torso; equipment Anchored line / handle; elasticity unconfirmed

Confidence medium

Notes One arm reaches sideways as torso rotates; woodchop-like family.

Anatomical interpretation Trunk musculature - pattern unresolved

Joint action Torso folding / rotation

Anatomy limitation No single prime mover assigned without clearer motion

V025 Sled push / reset

Source VID_20260725_082538.mp4 | 00:05:20 to 00:05:25

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing with forward lean; anchor No anchor; direction Forward horizontal push; equipment Weighted sled

Confidence high

Notes Reference only; exclude from band/strap/cable appendix.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V026 Sled push with forward drive

Source VID_20260725_082538.mp4 | 00:07:20 to 00:07:25

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Inclined standing, stepping; anchor No anchor; direction Forward horizontal push; equipment Weighted sled

Confidence high

Notes Reference only; exclude from band/strap/cable appendix.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V027 Standing two-hand front press / draw

Source VID_20260725_082538.mp4 | 00:08:20 to 00:08:25

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, slightly staggered; anchor Mid side / rear relative to shoulders; direction Oblique forward line; equipment Anchored line / handles; elasticity unconfirmed

Confidence medium

Notes Hands extend and return; cable versus elastic material cannot be resolved.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V028 Forward-inclined handle press

Source VID_20260725_082538.mp4 | 00:10:10 to 00:10:15

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, pronounced forward lean; anchor Mid / high behind torso; direction Forward diagonal; equipment Anchored line / handles; elasticity unconfirmed

Confidence medium

Notes Torso and arms move; precise equipment and chest/triceps emphasis uncertain.

Anatomical interpretation Pectoralis major; anterior deltoid; triceps

Joint action Forward pressing / arm adduction

Anatomy limitation Allocation is tentative where press versus draw is unclear

V029 Standing wide-elbow press / fly

Source VID_20260725_082538.mp4 | 00:11:10 to 00:11:15

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, facing away, slight forward incline; anchor Around shoulder height; attachment partly hidden; direction Lateral-to-forward / downward; equipment Anchored paired lines; elasticity unconfirmed

Confidence medium

Notes Elbows open then arms travel forward/down; retain descriptive name.

Anatomical interpretation Pectoralis major; anterior deltoid; triceps

Joint action Forward pressing / arm adduction

Anatomy limitation Allocation is tentative where press versus draw is unclear

V030 Kneeling straight-bar pull toward face

Source 20260829_060124.mp4 | 01:11:00 to 01:11:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on floor, slight forward lean; anchor Mid anchor relative to kneeling shoulders; direction Approximately horizontal toward upper chest/face; equipment Anchored bar / paired lines; elasticity unconfirmed

Confidence high

Notes Bar moves toward face and away; elbow-flexion/row hybrid, not enough for strict curl label.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V031 Kneeling low-anchor overhead triceps extension

Source 20260829_060124.mp4 | 01:18:00 to 01:18:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on floor, facing away; anchor Low paired rear anchors near floor; direction Low rear to high forward diagonal; equipment Elastic tubes / paired handles

Confidence high

Notes Hands bend behind head then extend overhead. Separate from high-anchor overhead extension.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V032 Kneeling single-arm high-line pull

Source 20260829_060124.mp4 | 01:29:30 to 01:29:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Tall kneeling behind sandbag, one working arm; anchor Overhead; direction High to low / front diagonal; equipment Anchored single line / handle; elasticity unconfirmed

Confidence medium

Notes Single hand extends downward then returns upward; shoulder and elbow action combine.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V033 Kneeling low-anchor overhead press / fly

Source 1fd798b55e0370abd584e1891b35f0b4_1280_720.mp4 | 00:17:30 to 00:17:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on floor, facing away, slight lean; anchor Low paired rear anchors; direction Low rear to high forward / outward; equipment Elastic tubes / paired handles

Confidence high

Notes Hands near temples extend outward/upward with body rise; press/fly combination.

Anatomical interpretation Pectoralis major; anterior deltoid; triceps

Joint action Forward pressing / arm adduction

Anatomy limitation Allocation is tentative where press versus draw is unclear

V034 Squat-stance forward arm drive

Source 20260911_050715.mp4 | 00:15:30 to 00:15:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Squat to partial standing, arms in front; anchor High diagonal front anchor; direction High to low/front relative to hands; equipment Anchored handle lines; elasticity unconfirmed

Confidence high

Notes Leg rise accompanies hand drive; differs from stationary squat arm work.

Anatomical interpretation Quadriceps; gluteus maximus

Joint action Hip and knee extension

Anatomy limitation Anchored handles may assist balance or add resistance

V035 Bench-braced unilateral overhead triceps extension

Source 20260911_050715.mp4 | 00:22:00 to 00:22:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on floor, other hand on bench; anchor Behind at shoulder/head height relative to kneeling torso; direction Rear to front oblique extension; equipment Braided elastic-looking line / red handle

Confidence high

Notes Working elbow bends behind head then extends forward; torso rises during reset.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V036 Kneeling unilateral forward/downward triceps extension

Source 20260911_050715.mp4 | 00:22:30 to 00:22:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on floor, torso partly turned, other hand stabilizes; anchor Behind around upper arm / torso height; direction Rear to front/downward diagonal; equipment Braided elastic-looking line / red handle

Confidence high

Notes Short one-arm extension at lowered upper-arm angle; separate from overhead version.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V037 Bench-kneeling lateral arm sweeps

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:18:30 to 00:18:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on flat bench, upright torso; anchor High paired rear anchors; direction Lateral outward and downward arcs; equipment Grey sleeved paired lines; elasticity unconfirmed

Confidence high

Notes Arms sweep between wide shoulder-height and lowered positions.

Anatomical interpretation Deltoid; scapular stabilizers

Joint action Shoulder elevation / sweeping

Anatomy limitation Exact deltoid region depends on the observed arm path

V038 Bench-kneeling forward arm extension

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:19:30 to 00:19:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on bench, slight forward lean; anchor High paired rear anchors; direction Forward/downward diagonal; equipment Grey sleeved paired lines; elasticity unconfirmed

Confidence high

Notes Elbow bend and extension accompany a shallow forward lean.

Anatomical interpretation Deltoid; scapular stabilizers

Joint action Shoulder elevation / sweeping

Anatomy limitation Exact deltoid region depends on the observed arm path

V039 Prone bench-kneeling arm sweep

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:20:00 to 00:20:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on bench, torso nearly horizontal; anchor High paired rear anchors; direction High rear to low/front diagonal; equipment Grey sleeved paired lines; elasticity unconfirmed

Confidence high

Notes Forward torso support changes shoulder angle from the upright kneeling version.

Anatomical interpretation Deltoid; scapular stabilizers

Joint action Shoulder elevation / sweeping

Anatomy limitation Exact deltoid region depends on the observed arm path

V040 Box-kneeling unilateral overhead extension

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:25:30 to 00:25:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on box, torso folds forward; anchor High single rear anchor; direction Forward/downward diagonal from behind head; equipment Grey sleeved single line; elasticity unconfirmed

Confidence high

Notes One arm extends while torso flexes; keep unilateral box-supported variant.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V041 Box-kneeling overhead hold

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:27:30 to 00:27:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on padded box, upright; anchor High paired rear anchors; direction Upward overhead hold against rearward line; equipment Grey sleeved paired lines; elasticity unconfirmed

Confidence high

Notes Only a held overhead posture is established in this window; no repetition count.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V042 Standing unilateral low-anchor curl

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:31:30 to 00:31:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, facing partly sideways to rig; anchor Low rear/side anchor; direction Low to high toward shoulder; equipment Braided elastic-looking line / red handle

Confidence high

Notes Bent elbow lowers toward extended arm; low attachment is visible on rig.

Anatomical interpretation Biceps brachii; brachialis; brachioradialis

Joint action Elbow flexion

Anatomy limitation Grip and forearm orientation affect the contribution

V043 Thigh-braced diagonal single-arm pull

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:32:00 to 00:32:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing hip hinge, other hand on thigh; anchor Low lateral rig anchor; direction Lateral low to inward/upward diagonal; equipment Braided elastic-looking line / red handle

Confidence high

Notes Hand travels across knee line; curl versus row emphasis remains uncertain.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V044 Seated unilateral low-anchor kickback

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:33:00 to 00:33:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Seated on bench, forward lean, torso rotated; anchor Low rear/side rig anchor; direction Rearward/lateral diagonal; equipment Braided elastic-looking line / red handle

Confidence high

Notes Elbow extends and flexes with upper arm held back.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V045 Floor-kneeling rear-anchor overhead extension

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:34:00 to 00:34:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Both knees on floor, slight forward lean; anchor Low/mid rear rig anchor relative to kneeling torso; direction Rear to front/upward diagonal; equipment Braided elastic-looking line / red handle

Confidence high

Notes Hands start behind head; forward travel exits frame, so final range is not visible.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V046 Squat-to-stand rope pull toward face

Source ec67c4d94be978ee7313cd50c743b90e_1280_720.mp4 | 00:47:30 to 00:47:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Squat to standing, facing rig; anchor High front rig anchor; direction High to low / toward face-chest; equipment Anchored dark rope / line; elasticity unconfirmed

Confidence high

Notes Face/chest pull accompanies rising lower body; not static squatting face pulls.

Anatomical interpretation Quadriceps; gluteus maximus

Joint action Hip and knee extension

Anatomy limitation Anchored handles may assist balance or add resistance

V047 Wide-grip cable lat pulldown in low base

Source 20260922_051033.mp4 | 00:07:10 to 00:07:15

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Low crouch / heel-raised squat at machine; anchor Overhead central pulley; direction Vertical downward toward shoulders; equipment Cable machine / wide curved lat bar

Confidence high

Notes Cable pulley and weight-stack tower visible; wide bar lowers while low base remains.

Anatomical interpretation Latissimus dorsi; elbow flexors

Joint action Shoulder adduction / extension with elbow flexion

Anatomy limitation Scapular muscles assist; activation is not measured

V048 Standing unilateral overhead elbow extension

Source 20260922_051033.mp4 | 00:27:15 to 00:27:20

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing with slightly staggered feet; anchor Overhead rear, exact attachment out of frame; direction Oblique overhead; equipment Dark sleeved anchored line; elasticity unconfirmed

Confidence high

Notes Working elbow flexes and extends above head; upper attachment not visible.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V049 Kneeling unilateral high-to-low draw with rotation

Source 20260922_051033.mp4 | 00:34:00 to 00:34:05

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Floor kneeling, torso turns toward working arm; anchor Overhead single attachment; direction High to low / across torso; equipment Wide dark anchored strap / line; elasticity unconfirmed

Confidence high

Notes Single arm draws downward and torso rotates; anchor ring and high line visible.

Anatomical interpretation Trunk musculature - pattern unresolved

Joint action Torso folding / rotation

Anatomy limitation No single prime mover assigned without clearer motion

V050 Bench-straddled inclined overhead triceps extension

Source VID_20260724_063347.mp4 | 00:06:30 to 00:06:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Split standing base around bench, slight forward lean; anchor Rear around upper-arm height; direction Rear to front/upward oblique; equipment Paired dark anchored lines; elasticity unconfirmed

Confidence high

Notes Both elbows extend overhead while legs stay in split support.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V051 Bench-straddled upright overhead triceps extension

Source VID_20260724_063347.mp4 | 00:08:30 to 00:08:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Split standing base around bench, upright torso; anchor Rear around upper-arm height; direction Rear to overhead oblique; equipment Paired dark anchored lines; elasticity unconfirmed

Confidence high

Notes More upright torso than V050; retain torso-angle variation without assigning degrees.

Anatomical interpretation Triceps brachii

Joint action Elbow extension

Anatomy limitation Shoulder and trunk support vary with posture

V052 High-line two-hand draw with squat transition

Source SHOULDER PUSH 002 25 09 2026-9.mp4 | 00:00:30 to 00:00:35

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing into shallow squat beside bench; anchor High front attachment, above head; direction High front to forward/downward diagonal; equipment Broad dark paired anchored lines; elasticity unconfirmed

Confidence medium

Notes Hands move forward as body lowers; exact shoulder/elbow emphasis uncertain.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

V053 Standing high-line two-hand front press / draw

Source SHOULDER PUSH 002 25 09 2026 CLIPS cuts-1.mp4 | 00:00:55 to 00:01:00

Sampling scope six sampled frames across five seconds; not full set boundaries

Observation Standing, slight forward incline beside bench; anchor High front attachment, above head; direction High front to chest-level forward/downward diagonal; equipment Broad dark paired anchored lines; elasticity unconfirmed

Confidence medium

Notes Edited clip contains a reset before the working draw; full set boundaries unresolved.

Anatomical interpretation Unassigned - movement needs clarification

Joint action Mixed, hold or uncertain arm path

Anatomy limitation No muscle target inferred from the exercise name alone

Source register and supporting package

S01 Current training database

Source path downloads/kinetics/training-plan-v0.3.json

Snapshot SHA256 prefix 524052b671f8b466; complete value in source-manifest.json

Source layer website snapshot

S02 Recording source catalogue

Source path downloads/kinetics/exercise-source-catalogue.csv

Snapshot SHA256 prefix e639a61696e5e363; complete value in source-manifest.json

Source layer website snapshot

S03 Salad recipe model

Source path assets/js/salad-cards.js

Snapshot SHA256 prefix f888e6cfef1d93c5; complete value in source-manifest.json

Source layer website snapshot

S04 Meal story records

Source path assets/js/meal-stories.js

Snapshot SHA256 prefix 3c87f79f3114cbc3; complete value in source-manifest.json

Source layer website snapshot

S05 Earlier salad photo estimates

Source path assets/js/mega-salads.js

Snapshot SHA256 prefix ac2dcf459df14c48; complete value in source-manifest.json

Source layer website snapshot

S06 Nutrition overview

Source path fit-nutrition.html

Snapshot SHA256 prefix 3f847e2cb28a4105; complete value in source-manifest.json

Source layer website snapshot

S07 Nutrition source notes

Source path fit-nutrition-notes.html

Snapshot SHA256 prefix 52732ba47996673b; complete value in source-manifest.json

Source layer website snapshot

S08 Kinetics equipment and movement reference

Source path kinetics.html

Snapshot SHA256 prefix 080ae91ac9f93ee7; complete value in source-manifest.json

Source layer website snapshot

S09 Gear registry

Source path assets/data/gear-database.json

Snapshot SHA256 prefix 01c51826c28f16b3; complete value in source-manifest.json

Source layer website snapshot

S10 Current reported metrics

Source path assets/data/current-metrics.json

Snapshot SHA256 prefix d8f464879ffdf35c; complete value in source-manifest.json

Source layer website snapshot

S11 Liquid intake registry

Source path assets/data/vector-registry.json

Snapshot SHA256 prefix 6c3f8becd14ec2e6; complete value in source-manifest.json

Source layer website snapshot

S12 Daily guide website

Source path guidebook.html

Snapshot SHA256 prefix c808f4fce565c01e; complete value in source-manifest.json

Source layer website snapshot

S13 Protocol website

Source path fit-protocol.html

Snapshot SHA256 prefix ff2b65ecf148334c; complete value in source-manifest.json

Source layer website snapshot

S14 Archived Encyclopedia V3 2

Source path assets/downloads/project-100-encyclopedia-v3-2-2026-10-06.pdf

Snapshot SHA256 prefix 1e4ac41be813a452; complete value in source-manifest.json

Source layer website snapshot

S15 Archived Guidebook V3 3

Source path assets/downloads/project-100-guidebook-v3-3-2026-10-06.pdf

Snapshot SHA256 prefix d21aa4f83dbe7982; complete value in source-manifest.json

Source layer website snapshot

S16 Current PDF build report

Source path downloads/kinetics/pdf-build-report.json

Snapshot SHA256 prefix ac5bcc0cc2223127; complete value in source-manifest.json

Source layer website snapshot

S17 Media inventory

Source path video_inventory.csv

Snapshot SHA256 prefix b93ffccf5087be29; complete value in source-manifest.json

Source layer local analysis archive

S18 Long recording review register

Source path full_length_review.csv

Snapshot SHA256 prefix 5d59e94ccaec76bb; complete value in source-manifest.json

Source layer local analysis archive

S19 Early sampled observations

Source path edition_processing/movement_catalogue_with_anatomy.json

Snapshot SHA256 prefix 6258303a7b6dae3f; complete value in source-manifest.json

Source layer local analysis archive

S20 First pass limits

Source path README_REVIEW_STATUS.md

Snapshot SHA256 prefix fbe17c0fc41ad922; complete value in source-manifest.json

Source layer local analysis archive

R01 USDA FoodData Central

https://fdc.nal.usda.gov/

Food-composition data source; individual website coefficients are not newly validated against database record IDs.

Reference checked 18 October 2026.

R02 OpenStax College Physics torque

https://openstax.org/books/college-physics-2e/pages/9-2-the-second-condition-for-equilibrium

General principle connecting force direction and lever arm to turning effect; no personal torque calculation.

Reference checked 18 October 2026.

R03 OpenStax Anatomy and Physiology upper limbs

https://openstax.org/books/anatomy-and-physiology-2e/pages/11-5-muscles-of-the-pectoral-girdle-and-upper-limbs

General anatomy reference; movement-specific roles remain interpretations from the saved project dataset.

Reference checked 18 October 2026.