

CABLE PULLOVER

- Select weight
- Lie on your back - head towards machine
 - arms outstretched above your head
- Hold the bar - overgrasp grip and pull bar with straight arms over your head and down to your hips
 - return smoothly



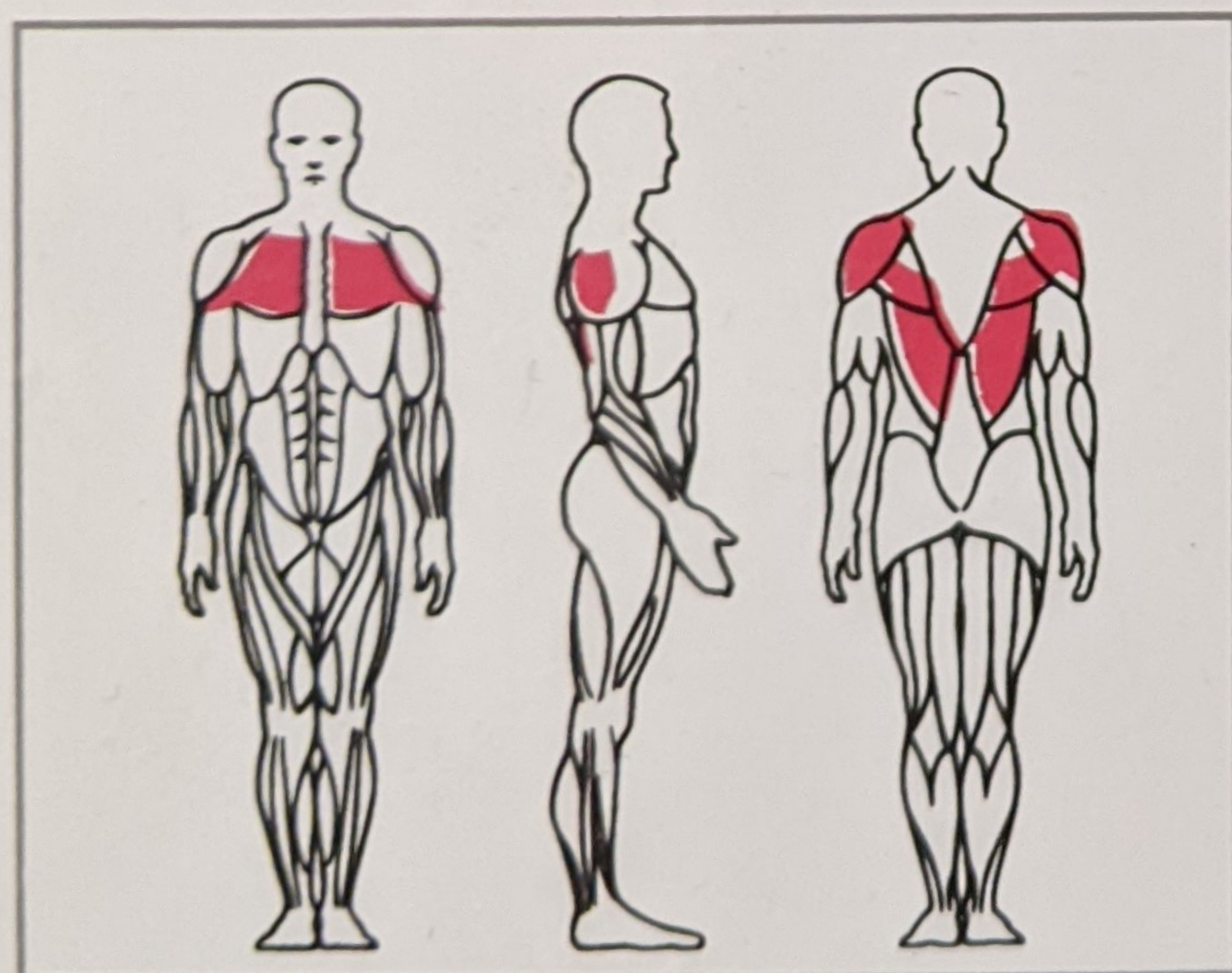
Start



Finish



Muscles Used



Training Tips

- Flex your hips to ensure your back remains flat on floor
- Vary the width of grip to alter the emphasis on different parts of the back

Muscles Used

Back and Chest (Rotators and Adductors)
 Pectoralis Major - Latissimus Dorsi
 Teres Major + Trapezius and Triceps

WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	7.5	10	12.5	15	17.5	20	25	30	35	40	45	50	55	60	65

WEIGHT NO.	16	17	18	19
KG's	70	75	80	85