

Lying Barbell Pullover



Description: Lying on your back on a bench hold a barbell/dumbbell directly above your chest. Keeping your arms straight, lower the bar so your arms are extended behind your head and in line with the rest of your body. Raise the bar back to the starting position and repeat.

Sets/reps: 3 sets of 10-12 reps.

Modifications: For a more advanced version, you can use a stability ball instead of a bench. Ensure that your upper back and shoulder area are directly on top of the stability ball.

Common Mistakes: Arching of the back, allowing arms to drop too low.

Target Muscles: Latissimus Dorsi, Pecs, Triceps.

****Tip:** This exercise is primarily meant to activate your latissimus dorsi. Focus on using the muscles in your mid back to pull the weight over.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

