

DUMBBELL PULLOVER



START POSITION – Position your body across a utility bench with your shoulder blades in contact with the bench. Position your feet at least shoulder width apart and feet flat on the ground. Keep your hips elevated so your body forms a straight line from your shoulders to your knees. Hold a dumbbell with both hands around the inside of one of the weight plates and extend your arms directly above chest level.

THE MOVEMENT - Bend elbows slightly and lower the dumbbell behind your head as far as possible towards the ground. Maintain a slight elbow bend when lowering the weight. Once the dumbbell is close to the ground, pull it back to the start position while maintaining the same elbow bend (i.e. do not bend elbows more in order to get the weight up). Keep your hips elevated throughout the entire movement and focus on achieving a big stretch in your back muscles when the dumbbell is in the bottom position.