

BAND PULLOVERS



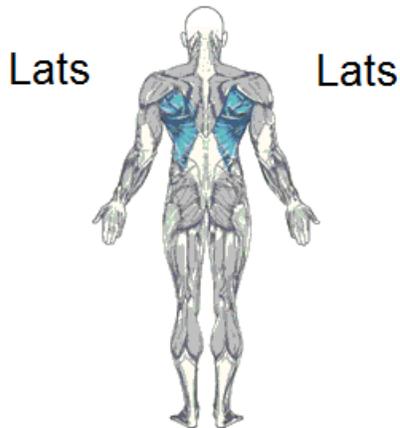
1. Wrap the exact middle of a resistance band around a doorknob or a stable/firm pillar then stand about an arm's length away from the axis holding the band where you can fully extend your arms while keeping them under tension.
2. Bend over so your upper body (torso) is almost parallel to the floor, while keeping your knees slightly bent and while holding both grips of the band with one in each hand. Your arms should be kept fully extended with a very slight bent at the elbows, and while making sure that your arms are on the same line as your head & your torso. Make sure to maintain a straight & upright torso while performing this exercise. This will be your starting position.
3. Now use your lats & back muscles to pull the arm grips of the band all the way down and backwards until your hands pass your glutes imaginary axis. Remember to keep your elbows in, and your torso stationary (not moving) throughout the entire movement.
4. Slowly return the arm grips all the way back up to their starting position, while keeping your lats & back muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

CAUTION: Band Resistance strength can be easily manipulated by either moving away from the axis to increase the band's resistance and make it tougher, or by moving closer to the axis to decrease the band's tension and make it easier to pull. This is also a balance and coordination exercise so it's normal for you to feel your core and legs muscles also getting engaged to keep you balanced and centered while performing this exercise.

ALTERNATIVE EXERCISES: [Bar Cable PullOvers](#) / [Lat PullDowns \(Wide Grip\)](#)

BAND PULLOVERS

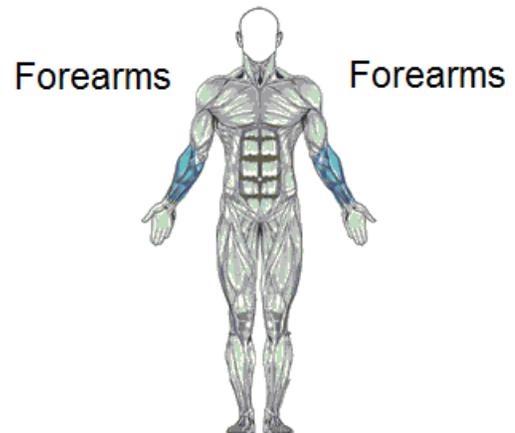
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



#YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net