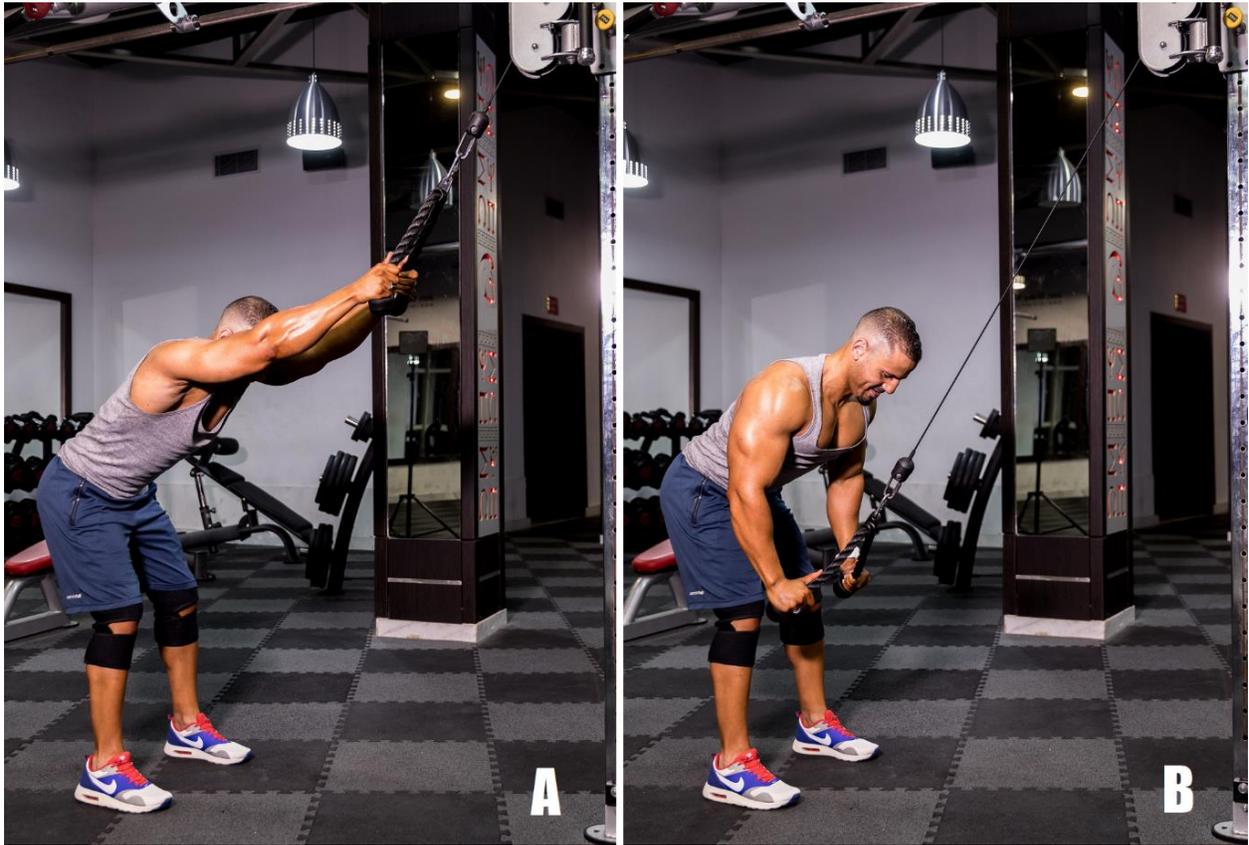


# ROPE CABLE PULLOVERS



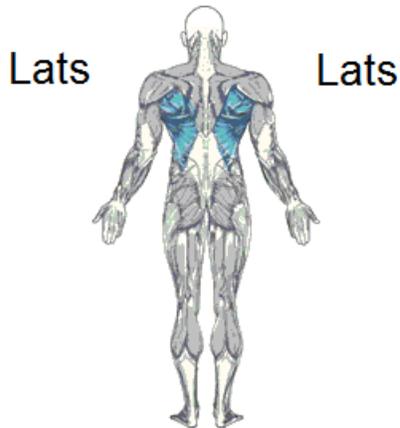
1. Attach a **Rope** to a high pulley machine or a cross cable machine, then select your desired resistance to be used.
2. While facing the machine, stand a couple of feet away from the pulley, while grabbing the two ends of the **Rope** held in a neutral grip with the palms of your hands facing each other. Your knees should be kept slightly bent, and your feet should be firm on the ground at about shoulders width apart. Lean forward at the hips/waist, while keeping a flat/straight torso, with your arms fully extended just above you as hold on to the **Rope**. This will be your starting position.
3. While keeping both your arms straight with a very slight bent at the elbows, use your lats muscles to pull the weight all the way down until the two ends of the **Rope** touches the front of your thighs. Keep your torso flat & straight throughout the entire motion.
4. Slowly return the **Rope** all the way back up to it's starting position, while keeping your lats muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any back, shoulders, biceps and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your lats muscles -as it should- instead of having you rely on your arms to perform this exercise. Lower down the weight resistance if you ever felt that your arms are being more engaged than your lats muscles -which should be the main muscle group you're targeting. It is normal for you to feel your chest muscles getting slightly engaged while performing this exercise. This is also a balance and coordination exercise so it's normal for you to also feel your legs and core muscles getting engaged while performing this exercise.

**ALTERNATIVE EXERCISES:** [Bar Cable Pull Overs](#) / [Lat Pull Downs \(V Bar\)](#) / [Machine Assisted Pull-Ups \(Neutral Grip\)](#)

# ROPE CABLE PULLOVERS

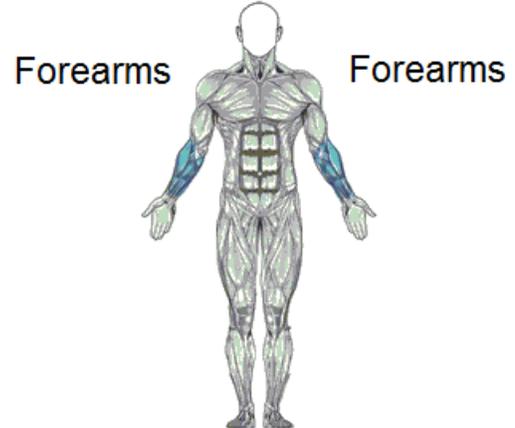
## PRIMARY MUSCLE



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.



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