

# Pullover Torso

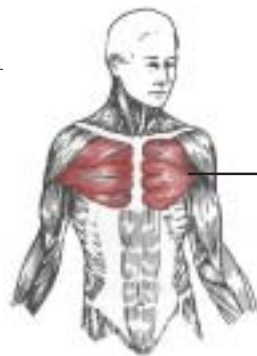


For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.

## Lifting Technique:

1. **Select desired weight**
2. **Set height of the seat**
  - Seat should be placed high enough to allow the forearms to rest in the arm pads
3. **Sit with the back and head against the pad**
4. **Press the foot pedal to bring the bar in your range of flexibility**
5. **Place the forearms on the pads allowing the hands or fingertips to rest on the bar**
6. **Release the foot pedal and place feet on floor or rest on the center of the foot pedal**
7. **Lift the weight by using the forearms and not the hands** (*don't grasp bar and pull with hands*)
  - Bring bar all the way down to touch the abdomen
  - Lower the weight by raising the forearms over the head as far back as your flexibility will allow for fullest range of motion
8. **Complete the desired number of repetitions**
9. **Use the pedal to hold the weight**
  - Release the forearms
  - Lower the weight to the stack by slowly lifting the feet from the pedal



**Muscles Trained:**  
**Pectoralis Major**  
**Latissimus Dorsi**

