


Pullover Machine Mounted Chart– CT064

Description	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Pullover exercise. Each exercise position has instructional information to support and reinforce coaching by the Gym Instructor. Its A5 size makes it ideal for fixing onto your training machine.</p>
Details	<p>1. Dimension: A5 Size</p>
Image	 <p>The chart is titled "PULLOVER EXERCISE" and "STRENGTHENS MAJOR CHEST AND UPPER BACK MUSCLES". It provides a step-by-step guide to the exercise, including start position, position two, and position three, with illustrations of a person performing the exercise and diagrams of the muscles involved.</p> <p>START POSITION</p> <ol style="list-style-type: none"> 1. Adjust seat height to grip top of bar. 2. Place back of both arms against the pad. 3. Secure seat belt over thighs, keeping hips, back and head in contact with back support. <p>POSITION TWO</p> <ol style="list-style-type: none"> 1. With a firm grip pull bar over the head pushing down against the pads with the back of the arms. 2. Maintain hips, back and head in firm contact with support. <p>POSITION THREE</p> <ol style="list-style-type: none"> 1. Continue to pull bar down to touch thighs pressing arms back against the pads. 2. Return slowly to start position to the count of 2/3. <p>MUSCLES of the CHEST</p> <p>MUSCLES of the BACK and UPPER ARM</p> <p>The PECTORALS and LATISSIMUS DORSI are the major muscles responsible for controlling this exercise.</p> <p>Stay Healthy...Keep Fit</p>