

Exercise of the Week

This week's exercise

Aqua Bag Pullover

Exercise type

Functional

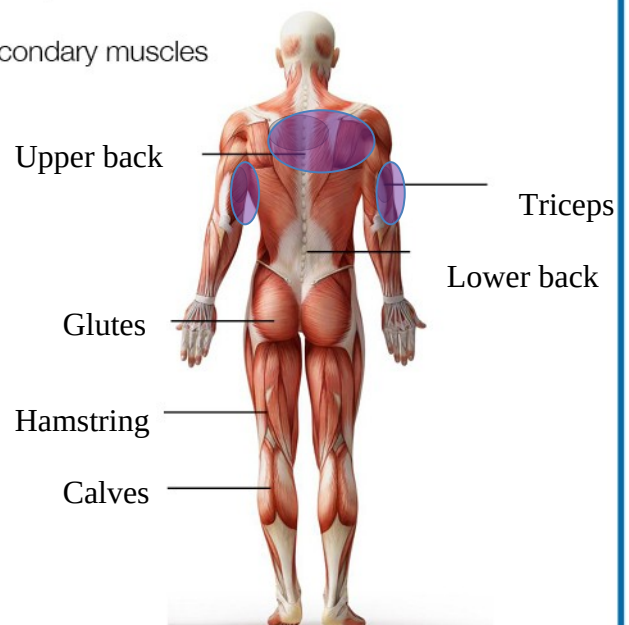
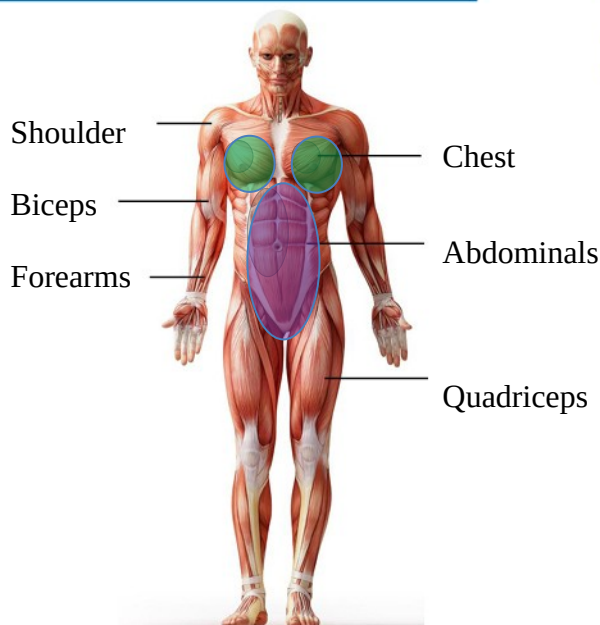
Benefits

- Works two opposing muscle groups at the same time (chest and back).
- Works the stabiliser muscles in the abdominals and upper back.
- Helps improve flexibility in the chest and shoulders.
- Use of the aquabag as the resistance will further enhance the activation of the stabilizer muscles, making them work harder than a regular pullover.

Muscles worked

 Primary muscles

 Secondary muscles



Considerations

- Lock your elbows into a slight bend and do not move them during the exercise.
- Lower the weight slowly in an arc behind your head while breathing in until you feel a stretch in the chest.
- Bring the dumbbell back to the starting position using the arc through which the weight was lowered and exhale as you perform this movement.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.