



## Pullovers Dumbbell

Purpose:

This is a great exercise to build strength in your lats and core.

Benefit:

This increases stability and increases shoulder flexibility.

Instructions:

Grab one dumbbell and sit on a Swiss ball. Stabilizing the dumbbell on your chest, slowly walk yourself out on the ball until the ball is directly under your mid-back. From here raise the dumbbell with your arms up over your head. Perform a pullover by bringing your hands back to your waist, and then back over your head. This movement will increase strength in your lats and improve flexibility in your shoulders.

Quantity:

\_\_\_\_\_ reps \_\_\_\_\_ sets

