

Stability ball dumbbell lat pullover 00485



Tips

Position the head & shoulders on the stability ball with the knees in line with the hips & the feet under the knees. Place the feet under an object for additional stability if need be.

Maintain the bridging position & lower the dumbbells above the head while keeping the elbow angle the same then return the dumbbells to the start position.

The arms should remain parallel & approximately shoulder width apart.

Cautions

Maintain a neutral & level pelvic position & do not allow the lower back to excessively extend as the dumbbells are lowered.

If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing

Prime Movers

[Deltoid-posterior](#)
[Pectoralis major](#)
[Deltoid-anterior](#)
[Teres major](#)

[Triceps brachii](#)
[Latissimus dorsi](#)

Related Exercises

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[Lat pullover 03663](#)

Disclaimer

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