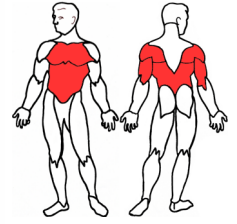


Barbell roll out 04678



Tips

A standard Olympic style barbell & Olympic sized plates are the preferred equipment for this exercise. Grip the barbell firmly & the arms should remain slightly flexed.

Roll the barbell forward as far as possible then reverse the movements back to the start position. Maintain a rigid torso & keep the neck in line with the spine.

The speed of the movements can vary depending on the requirements of the exercise.

Cautions

If you have a history of shoulder or spinal injury, seek professional advice prior to commencing this exercise.

Prime Movers

[Triceps brachii](#)
[Teres major](#)
[Latissimus dorsi](#)
[Deltoid-posterior](#)

[Subscapularis](#)
[Pectoralis major](#)

Related Exercises

[Exercise wheel roll out 04693](#)
[Dumbbell roll out 03890](#)

Disclaimer

No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.