

Pull



Coaching Points...

1. Torso – Chest to touch bar
2. Spine – Body remains straight and braced at all times (no sag in hips)
3. Feet & legs – Legs remain straight throughout
4. Shoulders remain 'down & back'
5. Elbows tight to ribs (no visible gap between elbows and ribs), elbows are high



You may have objects in your environment that you could use to 'Pull' against or even use a partner

THINK: TRUNK | HIPS | KNEES | FEET | ALIGNMENT



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