

# Movement of The Month - Anatomy of A Pullover

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## Abstract

The anaerobic energy pathways govern in large part the capacity for peak performance during supramaximal exercise. Within this framework, capacity, power, and the time continuum will be discussed. Further, each step in the glycolytic pathway will be carefully analyzed, from reactants, to products. Additional attention will be partitioned to eleven specific enzymes responsible for the direction, and speed of glycolysis. Finally, techniques used to measure anaerobic energy systems will be reviewed.

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## Mass Madness!

The purpose of this article is to help bring back from the dead one of the often neglected, all-time body building mass exercises....The Pullover! Few movements can distribute mass and density over the entire upper body like the pullover does. In fact, I compare its awesome muscle growth abilities in the same rank as the squat, upright row, and dead lift! The pull over will literally carve out your pecs, and chisel out your lats in a way that is unparalleled to any other exercise! In fact, I guarantee that if you put the effort into pullovers that you do into bench presses and chins, you'll have better thickness in your pecs and lats than you ever imagined!

## Compound movement of the month!

The pullover exercise works so many muscles that it boggles the mind! The muscles involved in the pullover include:

1. Latissimus dorsi
2. Pectorals
3. Triceps
4. Teres major
5. Deltoids
6. Rhomboids
7. Levator
8. Obliques

## 9. Intercostals

As you can see the pullover could literally be placed next to the definition of "mass" in Webster's dictionary! Not to mention the stretch factor! A few light sets of pullovers make an awesome warm-up to any chest or back workout! If you are interested in using the pullover to bring your body to the next level, read on!

### **How to use the pullover for size!**

The pullover is an excellent exercise for creating a mind-muscle link with your lats. In fact if you are having problems "feeling" your lats in your back workouts, I highly recommend mastering this movement! I've never experienced an exercise that creates a better stretch or pull in the lats or any exercise that works the lats harder! Along with being one of the best mass building exercises ever, the pullover is also one of the most versatile! It can be performed with both dumbbells and barbells! Before we get into the different ways to perform the pullover lets discuss exactly how to perform this movement properly.

### **Technique for the pullover**

The pullover can be performed two different ways. One technique involves lying perpendicular on a bench, with your hips lower than your back. The other technique involves lying lengthwise on a bench, with your back flat on the bench. I have to mention one important note. If you perform the perpendicular technique, do not raise your hips during the movement! Often times I see people raising their hips as they stretch back, then they drop their hips to help pull the dumbbell or barbell over. That allows you to go heavier but it cuts short the range of motion and eliminates the full contraction of the lats. All that really does is move the dumbbell with their body and not their lats and pecs. I recommend keeping your whole body as stable as possible throughout the movement. The only thing that should be moving is your arms. If you can't keep the movement within the right range of motion then that is a good sign the weight is too heavy.

### **Dumbbells and Barbells!**

The main difference when performing dumbbell pullovers and barbell pullovers is the range of motion. With a dumbbell you can stretch back much farther and get a better range of motion. The dumbbell allows for a better reach overhead. For this reason most bodybuilders prefer to use the dumbbell for emphasizing the lats, with the perpendicular bench technique. Both of these combined allow for the superior range of motion for the pullover. This is just due to the fact that you can reach back further with this technique and get more range of motion out of your lats.

The barbell is more restricted so most like to use that for emphasizing the chest. Along with lying on the bench lengthwise to better focus on the pecs. Even though it is more restricted, barbell pullovers will pack on insane size! And allow for more power! Try both ways for each body part and see what works best for you! However, either way will work both body parts super hardcore! I suggest using both!

## Execution of the pullover!

When I'm performing the pullover I like to imagine a mental picture of myself driving a heavy sledge hammer into a huge rail road nail! Keeping my body tight and my mind focused on the task at hand! Think of the name of the exercise as you are learning how to perform it. You are literally pulling over the weight! Hence the name of the exercise. Begin the pull by squeezing your pecs and pulling your lats downward. This will raise the dumbbell from an arms' length stretch behind your head. Then start it on its forward ark. Remember to keep the rest of your body tight!

### Here's where some variations come in.

By keeping your elbows slightly bent (between 15 and 30 degrees), you'll force more of the pulling to be done by your lats. Keeping your elbows straighter will make your chest do more of the pulling. When using a barbell try taking a wide-grip then a closer grip. I find that a closer grip pulls more on my lats while a wider grip targets more chest. I suggest using both grips and everything in between!

Pull the barbell or dumbbell over until it is above your chest for overall development. The pullover is all about range of motion! Make sure you are using a weight that allows you to keep the form strict! Going too heavy and cheating the weight can cause serious tears due to the high degree of stretching the movement induces.

## The Multipurpose Pullover!

The pullover is an extremely versatile movement! This is really great, as you can constantly keep the movement fresh to keep your intensity higher and your body guessing and growing! I already mentioned the two types of ways to do pullovers on a bench. But don't let the fact that one is a little better for pecs or back prevent you from using both for back and chest! For example, decline barbell pullovers are one of my favorite back blasting exercises! The stretch is out of this world! Try applying static contraction with this exercise! Find the spot where you feel either your pecs or lats contracting the hardest and hold the bar there! The pain is searing! Also try them on a low-incline bench for a harder tug on the lats!

Are you a fan of working chest and back together? Then try applying the "Double your Pain, Double your Gain" technique! In this instance you would begin your workout with 3 hardcore sets of dumbbell pullovers, and then at the end of your workout perform 3 sets of barbell pullovers at to finish these body parts off!

Drop sets of pullovers will not only add slabs of meat to your lats, but also mad vascularity to this tough to target area! Another variation of the dumbbell pull over is to use two dumbbells! One in each hand! Mimic the same motion, but this form works each lat and pec independently! I like to move the dumbbells together unilaterally until failure. After initial failure of both arms I like to apply the alternating reps technique.

**Editors note:** The technique Adam just discussed is one of the most incredible ever put together! If you are serious about building mass, you will incorporate this immediately! It is that productive!

Rest-pause also works wonders with this exercise, especially if you are going super heavy! Pick a heavy weight and go to initial failure. Wait 10 seconds then go again until failure. Pause, wait 15 seconds and go again. Finally rest 20 seconds and go one last time! Can you handle the pain? If you're hardcore you will!

Try applying forced and emphasized negatives for a little bit of advanced pullover madness! If you have a partner try doing implementing forced negatives! This is ultra-insanely painful! Make sure your partner pushes really slowly on the negative to prevent injury. If you're alone try emphasizing the negative! Go for a really slow descent of 30 seconds!

Partial reps work wonders for any exercise. This holds true for the pullover as well! I find that my lats are most contracted during the pullover just as my arms reach my forehead. So, if your goal is to burn your lats perform partial burn reps in this area of the exercise! As far as the pecs, I feel a maximum contraction as the dumbbell or barbell passes over my upper chest. To apply the partial rep technique here, simply move the dumbbell to this area and perform mini-burn reps!

After you experiment with pullovers you will notice some extreme soreness in your triceps! I never thought of this before, but The Man Jacob Wilson had the incredible idea of working triceps on the same day as pullovers! After he told me about it I just had to try it! I had never worked triceps with back before, but now I do on a regular basis!

In fact, I came up with a really cool superset that I did at the end of my back workout right before I started my tricep workout. The exercise is a flowing superset of dumbbell pullovers with old school extensions! The pump in my tris was awesome! What we have here is a definite must! This is a great way to go from working the back into the triceps or the end of a back and tris day to finish off both muscle groups!

Pullovers can also be used in conjunction with cables! Try them with both types of bench techniques. With the lying bench technique try them on both an incline and decline bench! The constant tension and stretch these provide are fantastic! Stiff-arm push downs are also a variation of the pullover, only you are standing up. To perform these simply go to a tricep pushdown station and extend your arms out straight in front of you. Now simply mimic the pullover motion while standing up. I like to bend my knees enough so that I can get the bar up high enough to obtain an optimal stretch in my lats. We again come to another great way to perform the tricep/pullover superset! Except substitute the pullover with stiff-arm push downs and the old school extensions with tricep pushdowns for extreme, flowing supersets! Speaking of supersets, pullovers are an awesome exercise to superset with. Some of my favorite exercises to superset them with are wide-grip upright rows, close-grip pull downs, dumbbell flys, or dumbbell presses! In addition to this, you can create some of your own deadly combos!

## **Conclusion**

As an overall mass builder the pullover is hard to beat! We all know how important a well built back and chest are to a bodybuilder! This one exercise alone works both of these areas to the max! And can develop them in a way that is unique to this exercise. Heavy compound movements like the pullover can't help but add slabs of

meat to your physique! Not to mention loads of strength. Begin incorporating the many variations into your workouts! I guarantee the pay off will be nothing short of a miracle!

Keep pumpin'

Old School