

Exercise of the week – Pullover

Pullover strengthens and tones the chest, back, shoulder and arm muscles. It stretches the muscles between the ribs and develops flexibility in overhead movements.

Beginner

Lie on your back with your knees bent, feet flat. Keep your shoulders back and down and pull your navel towards your spine to activate your abdominals. Hold a medicine ball above your chest, with your arms almost straight. Slowly bring the ball back behind your head in a big arc, until you feel a stretch, breathing in. Bring the ball back up, breathing out.

Intermediate

Using dumbbells makes the movement harder to control as your arms cannot push against the same object to stabilize. This increases the recruitment of smaller, helper muscles. In the same position hold the dumbbells above your chest, palms facing each other.

Advanced

Lying on a fitball creates an unstable base of support for your body to work from. Using a barbell changes the arms to a harder 'palms up' position. Sit on the fitball holding the barbell, hands shoulder width apart. Walk your feet away until your head and shoulders are resting on the fitball. Place your feet hip width apart, keep your hips high, buttocks and abdominals activated. Push the barbell up above your chest. Remember keep it slow and don't go too low!