



**Technical Lifting Class**  
**Push / Pull**

**By**

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## Push / Pull Exercise

Environmental issues like sitting for long periods of time at a desk in your job makes the shoulders internally rotate combined with tight pectoral muscles and the postural muscle of the back overextend. This over time causes **Kyphosis (Hunch Back) posture.**

The push / pull combination is effective for improving poor posture. If you've ever read any bodybuilding or fitness magazine they will tell you to work the muscles separately which will only make the chest get tighter and can compound the issue.

Always combine a push exercise with a pull to enable the best chance of success.



## Push Exercise

The main focus of the push exercise should be **full range of motion (ROM)**. When performing an exercise like **Dumbbell Flat Press** always stretch through full range of motion. I even program into the movement a pause at the stretch position depending on lack of ROM.

Here are some Push Exercise

**Push Up**  
**Db Bench Press**  
**Shoulder Press**



## Pull Exercises

The pull exercise is any exercise that requires you to pull through the back to initiate a movement. Kyphosis makes the back muscles over extended then your ability to contract the **Scapular (Shoulder Blades)** becomes more challenging. When performing a pull exercise your main focus is contracting through the shoulder blade. Again I program in a pause as the shoulder blade contracts. As I discussed in the session is that although the way I showed you is standard everyones body mechanics are different and you may need to adjust the body to feel the squeeze through the shoulder blade.

Here are some Pull Exercise

**Dumbbell Kneeling Row**  
**Cable Lateral Pulldown**  
**Pull Up & Chin Ups**

