

# Featured Exercise

## Face Pull

**Muscle Group Worked:** Rear deltoids

**Benefits:** The face pull not only targets your rear deltoids, which often are left out of a typical shoulder workout, but also counteracts the negative effects of excessive pushing exercises. Exercise routines that highlight pushing motions (such as chest/bench press and push-ups) as well as the natural aging process, can encourage the development of an excessively rounded spine. Often referred to as kyphosis, this hunchback look can create upper back, neck, and shoulder discomfort, not to mention an undesired posture and an increased risk for injury when lifting. Incorporating this move into your workout routine will help counteract kyphosis.

**Movement:** When performing a face pull, it is best to use the rope attachment for the cable machine (figure 1). Attach the rope and adjust the cable to a little under eye level. Then, grabbing the rope, take a couple steps back and lean backwards. Once you're in this position (figure 2), pull the rope toward your forehead. Once full range of motion has been met (figure 3), slowly return to the starting position.

**Trainer Tip:** When performing this exercise, squeeze your glutes and tighten your core. When pulling the rope focus on isolating your rear delts for the entirety of the movement. Remember to inhale before every rep and exhale after each rep.



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