Title: Face Pull / Rear Delt Pull

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li>Stand tall facing a pulley that has been adjusted to higher than head-height.</li>

<li>Attach a rope or dual handles to the pulley and grab hold of each end with your palms facing your head.</li>

<li>Engage your abs and pull the weight towards your face. Separate your hands as you pull.</li>

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