

# **~~PRECISION~~ PULL**



## **The "PRECISION PULL"**

PP-308

The Precision Pull allows for increased loads in a variety of hand positions that are safely performed with biomechanically correct movements. The variety of hand placements allows the exerciser to target the soft tissue stabilizers of the posterior shoulder.

### **Features**

- Over 18 hand positions
- Adjustable range of motion
- Spine is stabilized during exercise
- Anatomy Reference of hand position on equipment
- Seat Adjust up and down
- Uses Standard iron plates
- Only a 3' X4' Space Needed



**ULTIMATE ATHLETIC**  
EQUIPMENT

Every hand position isolates a different muscle group. This machine precisely isolate muscles of the posterior shoulder, while strengthening the muscles of the hand and various muscles of the entire arm. Precision Pull provides safe and bio-mechanically correct movements for posterior shoulder strength and conditioning. Exercises may be performed with palms facing inward, out, up or down.



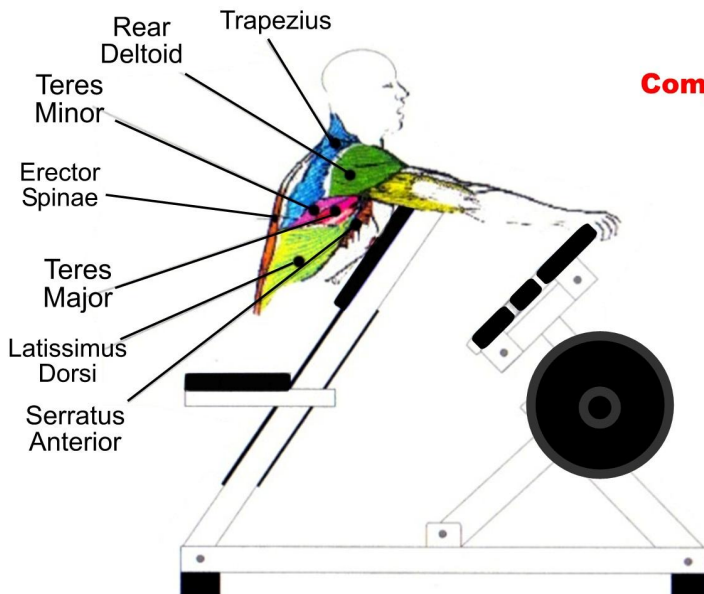
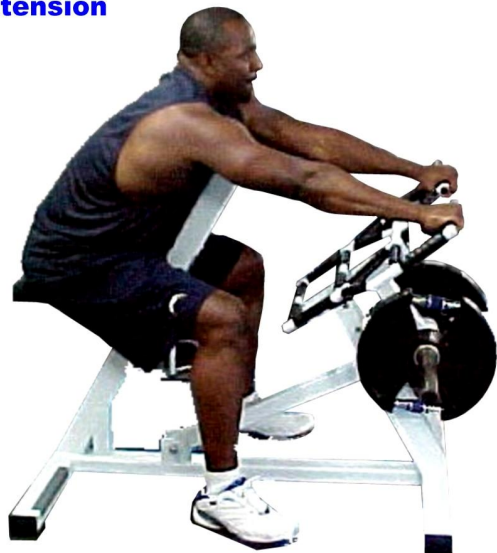
**Every Hand Position Isolate a Different Muscle Group**

GRIP	TARGET MUSCLE GROUP
1. TOP	- Posterior Deltoid, Biceps (Palms Down)
2. WIDE	- Posterior Deltoid (Palms Down)
3. CLOSE	- Biceps (Palms Up)
4. MID	- Pectoralis Deltoid (Palms Down)
5. LOW CLOSE	- Teres Minor (Palms Down)
6. WIDE ANGLE	- Supraspinatus (Palm Out)
7. LOW MID	- Infraspinatus (Palms Down)
8. LOW WIDE	- Latissimus Dorsi (Palms In)
9. DEAD LIFT	- Trapezius (Palms Down)

This machine use most muscles of the posterior shoulder, including the Supra and Infra Spinatus, Rhomboid Major and the Subscapularis, to stabilize the shoulder during exercise. The Serratus Anterior and the Trapezius stabilize the Scapula. The wrist is stabilized by the Extensor and Flexor Carpi Ulnaris and Radialis.

- Improves Range of Motion
- Decrease stiffness
- Plate loaded up to 450 lbs.

**Complete Extension**



**Complete Flexion**



## Popular Methods

### Iso-Dumbbell Row



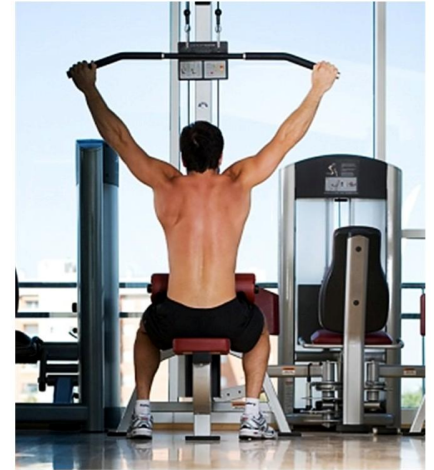
- Unbalanced development
- Limited control
- Safety concerns

### Bar-bell Row



- Back not stabilized
- Limited control
- Safety concerns

### Latissimus Pull Down



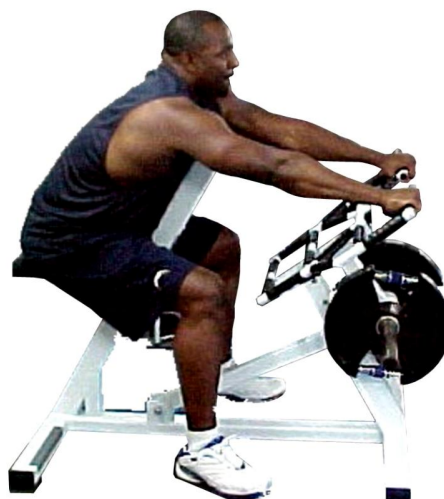
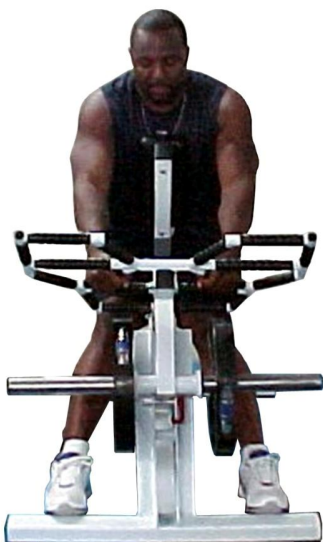
- Overhead resistance abducts glenohumeral joint
- Fixed hand position forces poor joint mechanics

## The Dynamics of the Precision Pull

The knees are maximally extended, and the ankles are plantar flexed. In addition, hip and back is stabilized during exercise. The upper body musculature is contracting with high force to finish the pull. The elbow flexors are dominant. The flexor and extensor carpi ulnaris muscles of the forearm contract to stabilize and adduct the wrist (*depending on the rip*). The shoulder is extended and adducted. The upper arm is internally rotated by the latissimus dorsi and pectoralis major. The teres minor, posterior deltoid, and long head of the biceps are acting on the shoulder joint. The scapula is rotated downward by the pectoralis minor and then drawn backward by the trapezius and rhomboid muscles.



Whether its physical therapy or bodybuilding the Precision Pull is the premium tool for posterior shoulder strengthening and conditioning.



**Put Yourself  
in a Better Position  
to get in Shape.**

***PRECISION PULL***



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