

TOWER BAR PUSH THROUGH



Starting Position

- Sit upright, facing the tower bar, pressing your feet against the poles
- Hold the bar with your arms straight and shoulder width apart



Movement

- Exhale. Keep your arms straight and round your lower spine, then push the tower bar through
- Lean the body forward over your legs



- Inhale and stretch forward as far as you can
- Bend your knees slightly if you can't bend your back forward with your legs straight
- Exhale. Draw your trunk lower spine into a rounded position
- Control the tower bar while bringing it through and up
- And keep your spine in a curved position



- Inhale. Extend the spine to the starting position
- Repeat 3 times

Notes:

- Keep your arms straight throughout the exercise
- Keep your heels pressed into the poles
- Do not let your shoulders lift towards your ears throughout the exercise