Ground Base Twist Combo

Muscles Exercised- Rhomboids, Latissimus Dorsi, chest

Setup-
Stack weights on the front and back on both sides. This equipment offers resistance on both the push and pull. To start, bring the two handles so that they are facing each other. Stand holding the handles with legs shoulder width apart.

Performing the exercise-

1- Chest – Push both arms forward

2- Back – Pull Handles to side of torso while keeping elbows tight to your side.

3- Combo – Start with one arm forward and the other arm back. Alternate back and forth until reps are completes(Shown in diagram above)