

WOODCHOP HIGH TO LOW ON PULLEY

START



MIDDLE



END



- Connect a standard handle to a high pulley
- Grab the handle with both hands and step away from the tower (about arm's length away) with the tension of the weight on the cable
- Your arms should be aligned with the cable
- Feet should be shoulder width apart
- Your arms should be fully extended

- In one motion, pull the handle down and across your body to below your knee while rotating your torso
- Keep your back and arms straight
- Core tight
- Bend your knees slightly to get a full range of motion
- Maintain your stance and straight arms

- Return to the neutral position in a slow and controlled manner
- Then, reposition and repeat the same series of movements on the opposite side

MUSCLES TARGETED

ABDOMINALS AND OBLIQUES

- The target muscle group for the woodchop is the abdominals
- When you flatten your stomach at the beginning of the exercise, your transverse abdominis (TA) contracts
- When you lower the bar toward your ankle, the rectus abdominis (RA) contracts
- Your obliques (part of your abdominal muscles) assist the movement
- The woodchop also uses stabilising muscles: The deltoids of the shoulders, hold the weight lifted and your back (the latissimus dorsi), contracts as you lower the weight. The glutes, remains contracted to keep your hips from rotating as the weight twists to the side

NOTE

Your entire body will twist with this exercise, therefore focus on getting maximal torso rotation and a strong clinch at the end of the movement. To ensure a good mind-muscle connection, keep your abs tense at all times.