

Pole System Exercise No.5 - Backwards Pull On Knees

This exercise is extremely demanding and has no leverage factor whatsoever. Of course, this is good news for the simple fact that this will create a situation to develop huge gains! It is similar to the backwards pull in the bent-over position, only this time, as the name implies, you will be pulling the rope while on your knees. Use the standard set-up and choose a side. Get on your knees, facing away from the pole. As always, be sure that you are close to the pole throughout the entire exercise. You will also want to spread your knees apart and ensure there is enough room to pull the rope through your legs. Grasp the rope in the top position. - **FOLLOW PHOTOS CLOSELY** - Begin pulling the rope through your legs and allow it to pile up in front of you. Diligence in this exercise will truly bring out the best in you! Leave a portion of rope wrapped around the pole, move slightly to the side and continue pulling through your legs while facing away from the pole. Repeat as many times as you are able without stopping until fatigue. You will utilize the entire upper body with strong emphasis on your abdominals. You will really have to push yourself to keep going as the backwards pull on knees is one of the toughest exercises in the pole system; however, its practice will yield high returns in functional strength and endurance.

