

# What Muscles Do Face Pulls Work

Outro 7359ff7527 Subtitles and closed captions 7359ff7527 STOP F\*cking Up Face Pulls (PROPER FORM!) - STOP F\*cking Up Face Pulls (PROPER FORM!) 6 minutes, 22 seconds - Do, you know how to **do**, a **face pull**,? If not, you're in luck. In this video, I am going to show you exactly how to perform a **face pull**, so ... 7359ff7527 General 7359ff7527 Grip 7359ff7527 Playback 7359ff7527 How \u0026 When To Use Facepulls | Explained In 3 Minutes - How \u0026 When To Use Facepulls | Explained In 3 Minutes 3 minutes, 11 seconds - Many people struggle with "rounded forward shoulders." A lot of this has to **do**, with the fact that our posture throughout the day and ... 7359ff7527 Cable Height 7359ff7527 Intro 7359ff7527 Lower Traps 7359ff7527 Target Point 7359ff7527 Return 7359ff7527 Quality Reps 7359ff7527 Internal / External Rotation 7359ff7527 Keyboard shortcuts 7359ff7527 Using Two Ropes 7359ff7527 Elbow Width 7359ff7527 Should you do FACE PULLS like Jeff Cavaliere or Mike Israetel? (Who is Correct?) - Should you do FACE PULLS like Jeff Cavaliere or Mike Israetel? (Who is Correct?) 8 minutes, 22

## What Muscles Do Face Pulls Work

---

seconds - I love me some **face pulls**,. But how to **do**, them? Should you **do**, them with more of an external rotation focus like our favorite family ...  
7359ff7527 Spherical Videos 7359ff7527 Search filters 7359ff7527

[https://ftp.spruitsportcoaching.nl/~y/pub/niche?CH  
APTER=carta-para\\_amigos\\_de\\_escola](https://ftp.spruitsportcoaching.nl/~y/pub/niche?CHAPTER=carta-para_amigos_de_escola)

[https://ftp.spruitsportcoaching.nl/~n/course/visit?IT  
UNE=what\\_is\\_a-cross\\_section](https://ftp.spruitsportcoaching.nl/~n/course/visit?ITUNE=what_is_a-cross_section)

[https://ftp.spruitsportcoaching.nl/~x/ppt/dl?PLAY=m  
uscles-for\\_abduction-of\\_hip](https://ftp.spruitsportcoaching.nl/~x/ppt/dl?PLAY=muscles-for_abduction-of_hip)

[https://ftp.spruitsportcoaching.nl/~z/edu/link?PAGE  
=best\\_rated\\_wet\\_cat\\_food](https://ftp.spruitsportcoaching.nl/~z/edu/link?PAGE=best_rated_wet_cat_food)

[https://ftp.spruitsportcoaching.nl/~c/lib/key?KINDL  
E=an\\_apple\\_a\\_day\\_doctor-away](https://ftp.spruitsportcoaching.nl/~c/lib/key?KINDLE=an_apple_a_day_doctor-away)

[https://ftp.spruitsportcoaching.nl/~s/ref/visit?PLAY=  
catheter-associated-urinary\\_tract-infection](https://ftp.spruitsportcoaching.nl/~s/ref/visit?PLAY=catheter-associated-urinary_tract-infection)

[https://ftp.spruitsportcoaching.nl/~j/pdf/url?DOC=s  
intomas-de\\_higado\\_danado](https://ftp.spruitsportcoaching.nl/~j/pdf/url?DOC=sintomas-de_higado_danado)