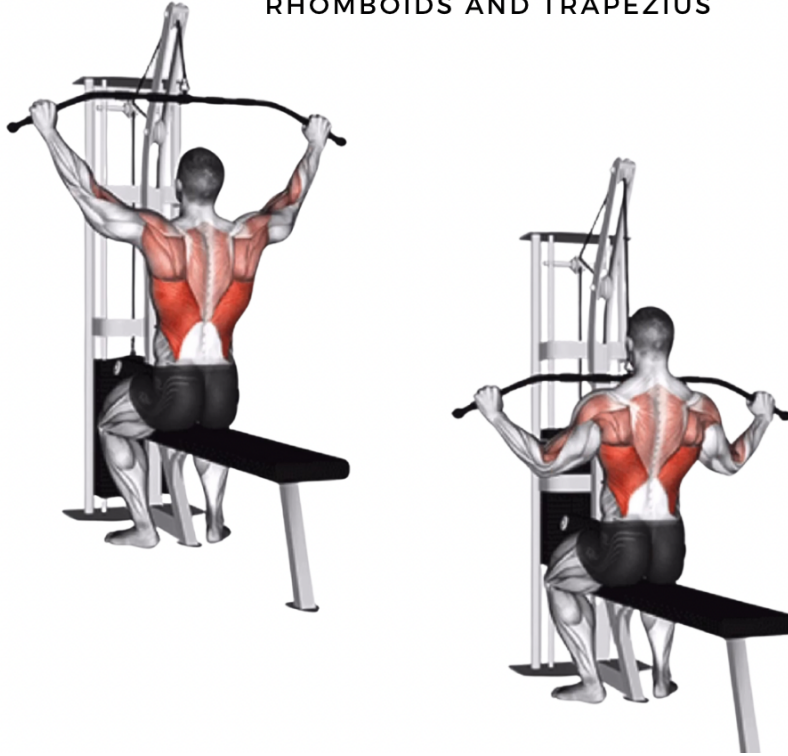


## HOW TO PERFORM A LAT PULLDOWN

### **MUSCLES WORKED**

PRIMARY: LATS, BICEPS  
SECONDARY: REAR DELTOID,  
RHOMBOIDS AND TRAPEZIUS



1. Start by sitting at a lat pull machine, facing the bar. Adjust the knee pad so your knees are bent at 90 degrees and firmly under the pad and your feet are flat on the floor.
2. Reach up and grasp the bar a little wider than shoulder width. Extend your arms as much as you can without shrugging your shoulders or lifting off the seat.
3. Pull the bar down toward your upper chest, aiming for just below your collarbone. Think of pulling your elbows and shoulder blades down and back as you bring the bar down. Keep your body tall and in a slight backward lean, just past vertical at 70–80 degrees.
4. Hold the bar at your mid to upper chest for 1–2 seconds while squeezing your shoulder blades back and down.
5. Slowly return to the starting position. Remember not to shrug your shoulders at the top of the movement.
6. Complete 2–3 sets of 8–10 reps.