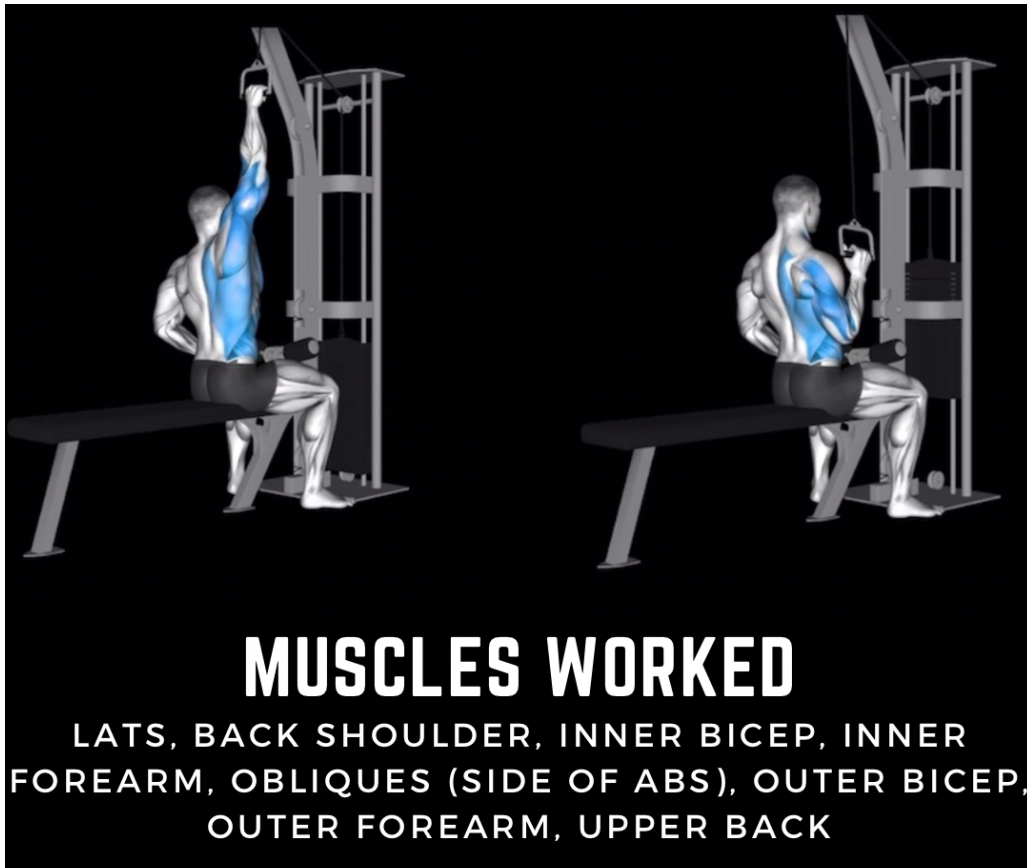


HOW TO PERFORM A SINGLE ARM LAT PULLDOWN



How to do:

1. Sit on the machine with your butt and feet firmly planted while your thighs are secured by the pad and arms is extended overhead at shoulder-width.
2. With an overhand grip, exhale and drive your elbow down, tucking it into your side while rotating your palm inward.
3. Keeping your torso straight, continue to bring your elbow down until it is by your side while you simultaneously drive your shoulder blade down and back.
4. Inhale and allow your arm to raise, extending it overhead to return to the starting position.
5. After all reps are completed, switch sides and repeat the movement. 10 reps prescribed means you should perform 10 reps on each side (20 total).

Tip: Prevent your torso from moving while you pull by consciously tightening your abs.