

HOW TO PERFORM A STANDING CABLE LAT PULL DOWN

MUSCLES WORKED

PRIMARY- LATS

SECONDARY - PECS, TRICEPS,
SHOULDERS, RHOMBOIDS, LEVATOR
SCAPULAE

STABILIZING MUSCLES - PECS, TRICEPS,
WRIST FLEXORS, ABS, OBLIQUES



Engage your abdominals. Grab the hand attachments in an overhand grip about shoulder-width apart, with elbows locked and arms straight. Keep your knees soft.

Exhale while pulling the cable down to your thighs in a smooth, controlled motion, arms remaining straight, hips bending slightly forward while keeping the back straight. If you do this exercise correctly, you will work your abdominals, arms, and back.

Pause when the hand grips are at thigh level.

Inhale while allowing the weights to return to full arm extension above your head. End in a position where there is still tension on the cable before the next repetition.