

## WIDE LAT PULLDOWN

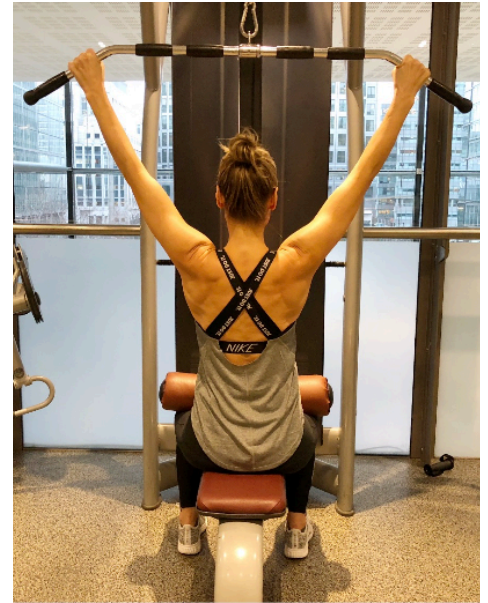
START



MIDDLE



END



- Sit on the lat pulldown machine and adjust the knee pad so that there is no free space and you're tightly seated
- Place your feet flat on the floor, push your chest upwards and out
- Create an arch leaning away from the machine by retracting your upper back
- Grab the bar with your hands in a wide, overhand grip
- Inhale and make sure you keep posture without letting your back loosen or your shoulders raise
- Exhale when beginning the movement
- Pull through your elbows until you're able to squeeze your lats at the bottom of the movement and your shoulder blades are together
- Lower the bar to your chin or just below
- Keep your elbows pointed straight down
- Slowly raise the bar back up until your arms are extended and back in the starting position
- Repeat the sequence

### MUSCLES TARGETED

#### LATISSIMUS DORSI

- Lats are the muscle that adds width to the back and gives the upper body *the V shape* look
- Lat pulldowns can be extremely beneficial to build upper body strength, mass, and keep your shoulders healthy.

#### NOTE

*Pull through the elbows keeping your head neutral and with a slight arch in your upper back (backwards). Do not disengage scapula or shoulders at the top of the movement as this will take tension off the lats. If you need momentum to pull the bar down, you are probably using too much weight. Remember, by engaging the lats in hypertrophy you will increase their size.*