

STRAIGHT ARM PULLDOWNS

START



MIDDLE



END



- Set appropriate weights at an adjustable cable machine
- Grab the bar with an overhand grip that's about shoulder-width apart
- Keep your knees slightly bent and feet shoulder-width apart
- Your arms remain straight
- Arms straight
- Keep your torso slightly forward at about 30°
- The bar should be slightly above shoulder height or at face height

- Exhale and pull the bar down to your thighs
- Maintain the straight arm position

- Inhale as you reverse the motion slowly returning to the start position
- Repeat for desired number of repetitions
- Always perform movements slowly and under control
- Avoid jerking or bouncing movements

MUSCLES TARGETED

LATS, TRICEPS AND POSTERIOR DELTOID

- The straight-arm pulldown is a shoulder extension exercise, which primarily works the latissimus dorsi (the largest muscle in your upper body)
- The posterior deltoid (part of the big muscle that covers your shoulder) helps pull your arm down and back during the movement. It assists the lat in extending your shoulder, which helps you pull the weight down
- The triceps (the muscles on the bottom of your arm) play a big part in the straight-arm pulldown. They keep your elbows straight throughout the movement and help pull your arms down, assisting the lats

NOTE

Just be aware that the straight-arm pulldown does not lend itself to heavy weight. The levers are too long due to the straight-arm position.