

Lat Pulldowns



Muscle Group: Back (latissimus dorsi, trapezius) | **Sets & Reps:** 3x8 or 3x10 |

Equipment: Weight machine

Instructions

1. Make adjustments to the machine so that your feet are flat on the ground, and you can reach the bar above.
2. Sit on the bench facing the machine and adjust the weight using the pin.
3. Reach up to grab hold of the bar with your hands facing away from you.
4. Slowly sit and pull the bar down with your arms extended above your head.
5. With control, pull the bar down in front of your chest, remain seated and fully extend your arms over head.
6. Repeat this 10 times (3 x 10).

Tips & Modifications

- Avoid leaning back when you pull the bar down, sit up tall.
- Keep some bend in your elbows, try not to lock them out.
- Beginner Tip: Practice the movement without weight first.
- Start with the lowest weight on the machine.



Click here or scan the QR Code to the right to watch video instructions!

