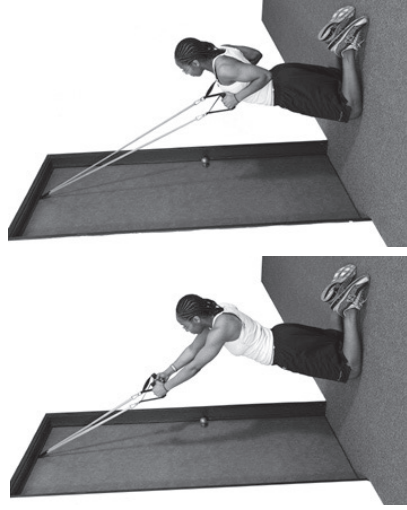
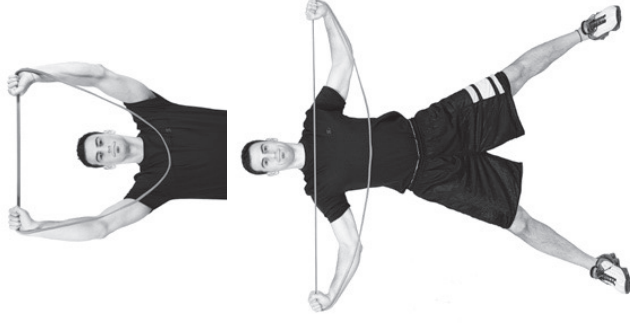


## 14. LAT PULLDOWNS



Lift Name	Target
LAT PULLDOWNS	LATS, traps (mid/upper back)
Post	A.P Height
OVERHEAD	OVERHEAD
Position	Grip Options
UPRIGHT, SEATED	BAR, HANDGRIPS, FREEHAND

### DESCRIPTION

With arms extended up, squeeze your shoulder blades together and slowly pull the band down towards your chest until your elbows are fully bent.

### TIPS

- Relax your arms and lead with elbows. Keep the rest of your body motionless.
- A close grip will engage rhomboid muscles and an underhand grip will also engage biceps.
- A high post may allow you to stand where a low post may require you to sit, kneel, or take a staggered stance with one foot in front of the other.
- Change your approach periodically for a well-rounded workout.

### VARIATIONS

1. Explore your range of grip options: *wide* or *close grip* combined with either *overhand* or *underhand holds*.
2. Lean forward and pull the bands down behind your head.
3. Lean back and pull the bands down toward your chest.
4. No A.P: grasp one side of a band in both hands with arms extended above head and pull your arms down laterally as you stretch the band.