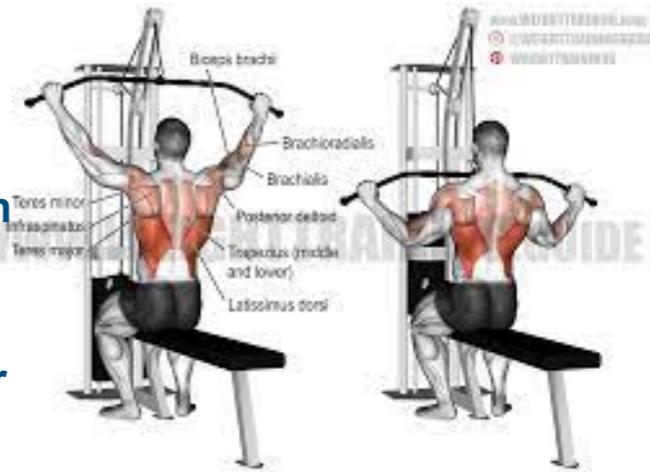


Lat Pulldown Machine

Do it Right!
Exercises you Should Do

Form: DO NOT LET MOMENTUM DRIVE THE MOTION. Reach up to grasp the bar, firmly gripping the bar with both hands. While your arms are extended overhead, depress and retract your scapulae (pull shoulders back and down) and attempt to hold this position throughout the exercise. Lean back slightly (no more than a 30 degree angle), using your legs to support your body (low back). Maintain your head aligned with your spine. Slowly exhale and initiate the downward pull by first depressing (lower) your scapulae, then pulling the bar downward below your chin and no lower than towards the top or mid-section of your chest. Attempt to pull in a motion that drives your elbows directly down towards the floor, bringing your elbows towards the sides of your torso. Avoid any additional backwards lean during the pull movement. Pause momentarily, then slowly return to your starting position by allowing the bar to move upwards until your elbows are fully extended, then allow your scapulae to rise slightly. Repeat the movement.



The lat pulldown is a fantastic exercise to strengthen the latissimus dorsi muscle (lats) the broadest muscle in your back. This muscle help protect and stabilize your spine while providing shoulder and back strength. Your lats also help with shoulder and arm movement and support good posture. Strengthening and stretching your lats is essential in building upper-body strength, improving range of motion, and preventing injury. The Lat Pulldown is also a body builders staple exercise, but it should be part of everyone's program. It offers a distraction to the spine that makes most people feel good if the weight is appropriate. I use it as a replacement for hanging when a person can not hang, because hanging can be beneficial to the spine and shoulder joint (Hanging). There is confusion on how to train. I am in the camp of **not** performing the lat pulldown to the rear (see Don't Do That article). There is a general belief that a wider grip lat pulldowns activates the latissimus dorsi more than a narrow one, but without any broad scientific support. There is debate on the hand grip as well. A study found this not to be supported. a medium grip may have some minor advantages over small and wide grips the authors said; however those engaged in resistance training can generally expect similar muscle activation which in turn should result in similar hypertrophy gains with a grip width that is 1-2 times the biacromial distance (Study). Another study found a pronated (palms facing away) grip to be the superior back muscle activator when doing a pulldown (Study). A common question is **which Exercise is Better Pull Ups or Pulldowns?** In general, pull-ups tend to be best for improving function relative to pull-downs. ACE Fitness suggest by mastering the pull-up along with the bend and lift, single-leg squats, pushing and rotating movements, we are better equipped to move effectively and efficiently in our daily lives. For some a pull up is out of the question. That is where an unassisted pull up or lat pulldown comes in. Whether you are a full-blown bodybuilder or a complete beginner lat pull-downs work great as well. Pulldowns allow easy adjustment in weight so you can build up as you progress through a workout or in your programming, while with pull-ups you are stuck using your weight due to your bodyweight being the only weight that is being lifted unless you add weight to your body. **Performing the pull-up involves moving the entirety of your own bodyweight up against gravity, it takes incredible upper-body strength and trunk stability so if you are just starting out you need to work up to it. A great way is through using the lat pulldown.**