

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU SHOULD  
NOT DO

# Behind the Neck Lat Pulldowns

This is a somewhat highly disputed exercise. Please see [M&F article](#). I never do this exercise or have any of my clients do it. It places a great deal of strain on neck and shoulders. Rather bring the bar to the front towards collarbone. Please see this well written article by [Mansfield](#) which is backed by research and kinesiology. *Serious strength trainee with currently healthy shoulders might consider the risk worth taking if it would lead to attainment of strength or hypertrophy of the involved muscles. However, as demonstrated in a recently published study, the benefit is not worth the risk! It turns out that the front pull down works the same muscle groups just as, if not more effectively, than its wayward cousin (the behind the neck pull down).*



*Yes-front pull downs*



*No-rear pull downs*