

Lat Pull Down



Description: Hold the handle slightly wider than elbows. Lean back slightly with a neutral spine (no rounding). Do so by anchoring the body using the core muscles (abdominals and paraspinal muscles) to stabilize the spine. Aside from the arm movement, the body should remain stationary throughout the exercise. Pull the weight down to centre of chest (sternum) and drive the elbows down. Then slowly release the weight in a controlled manner to the starting position.

Sets/Reps: 3 sets of 10-12 repetitions.

Common Mistakes: Pulling the bar behind the head. This increases the risk of neck and shoulder injuries such as shoulder impingement, rotator cuff problems or anterior shoulder instability. Another mistake is using too much weight resulting in a need for momentum to complete the movement. Remember – quality over quantity.

Target Muscles: Latissimus dorsi, trapezius, rhomboids.

Modifications: There are several modifications to the lat pull down that can keep your workouts fresh. Two handed as shown above, single arm pull downs with handles, or standing pull downs with straight arms.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

