

## 7. Lat Pulldown

- a. Objectives
  - 1) To strengthen the pulling muscles of the upper and middle back and the upper extremities, which enable you to climb, swim, pull down a rope to raise the American flag, row a boat, etc.
  - 2) To help maintain flexibility of the shoulders and upper back
- b. Target muscles. Primary: Latissimus dorsi, broad muscle originating in the lower spine, then rising and spreading out across the middle back, and inserting into the upper arms (Illustration VI.28). Secondary: Rhomboids, biceps, and trapezius.
- c. Equipment: Lat Pulldown Machine.
- d. Sets/Repetitions/Resistance: 1/10-15/10-30#
- e. Exercise technique
  - 1) Sit securely toward the rear of the seat so that, when you look up, the pulldown bar is directly above your chest. Your knees should be bent at 90°, the tops of your thighs beneath the kneepads, and your feet positioned securely on the floor below.
  - 2) Grasp the bar overhead with your hands slightly wider than your shoulders (Illustration VI.29). Inhale.
  - 3) As you begin to exhale, pull the bar straight down slowly so that it passes a few inches in front of your face to a point just below the level of your chin. Try to think about using primarily the target muscles of your upper back rather than your arms. Pause momentarily to feel your back muscles contract as the bar reaches its low point (Illustration VI.30).
  - 4) As you begin to inhale, allow the bar to ascend gradually to the starting position, feeling the muscles of the back, which you have just contracted tightly, begin to stretch out again. The first repetition is complete when your arms are fully extended overhead, you feel a mild stretch in the upper back muscles, and you reach the beginning position (Illustration VI.29).
  - 5) Pause momentarily. As you begin to exhale, pull the bar slowly downward again to start the second repetition.
  - 6) Do up to 20 repetitions. If you can do more than 15 in excellent form, you should mark in your training log to add one to five pounds of resistance for the next workout in which you do this exercise.

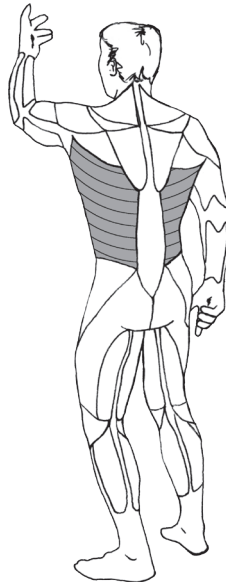


Illustration VI.28

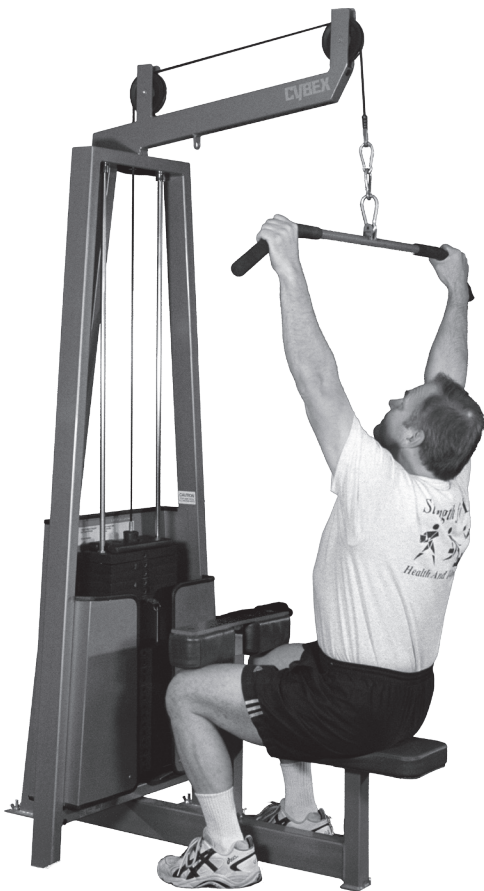


Illustration VI.29



Illustration VI.30