

# *Personal Training by Robert J. Bovee*

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## **WIDE GRIP LAT PULLDOWN (TO THE FRONT)**

**A. Emphasis.** The primary muscles stressed in this movement are the muscles in your upper back (outer latissimus dorsi). The secondary muscles stressed are the biceps and shoulders.

**B. Starting Position.** Grip the bar in the designated position with your arms extended straight up over your head (grip will be determined by the width of your shoulders). Push your chest up and pull your shoulder blades together and keep your shoulders down.

**C. Movement.** Pull the bar down to chin level (**90** degrees) as you push your chest up to the bar and squeeze the shoulder blades together and downward. Take **2 to 3** seconds to raise the bar up to the extended position.

**D. Training Tips.**

- 1) Keep your chest up and shoulders back to help isolate the lats.
- 2) Be sure to focus on bringing the bar down with your back muscles, trying not to use just your arms.

**E. Warning Tips.**

- 1) **Do not** let your shoulders rise up as you raise the bar up. Failure to do so can result in serious injury to your shoulders
- 2) **Do not** rock up and down as you raise and lower the bar. Failure to do so can result in serious injury to your back, biceps and shoulders.
- 3) **Do not** raise the bar any faster than **2 to 3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.