

Personal Training by Robert J. Bovee

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MEDIUM GRIP LAT PULLDOWN

A. Emphasis. The primary muscles stressed in this movement are the muscles in your upper back (latissimus dorsi - middle toward the center of the back). The secondary muscles stressed are the shoulders and biceps.

B. Starting Position. Using a bar with stirrups in each end, grip the stirrups and extend your arms straight up over your head. Push your chest up and pull your shoulders back.

C. Movement. Pull the bar down to chin level (**90** degrees) as you push your chest up to the bar. Squeeze your shoulder blades together and downward. Take **2 to 3** seconds to return 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 pulling the bar down with your back muscles, trying not to use just your arms.

E. Options.

- 1) If a stirrup bar is not available, you can use a regular wide lat bar. You should grip this bar at a point where your forearms are straight up and down as you touch your collarbone with the bar.

F. 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 up any faster than **2 to 3** seconds. You must stay in control at all times during this movement. The faster you perform this exercise, the less control you will have, which in turn will increase your risk of injury.