

Wide Grip Pulldown (Front)

Equipment Needed: Lat Pulldown Machine

Start at this Position:

- Sit on the equipment so that your legs form a 90-degree angle when your feet are flat on the floor. *Refer to Figure A.*
- *Note: Some manufacturers have a seat and/ or thigh cushion adjustment; others do not. The pictures below show a Lat Pulldown with a thigh cushion adjustment only.*
- Grip the bar, positioning your hands more than shoulder width apart. Palms face forward. *Refer to Figure B.*
- Extend your arms overhead, keeping a slight bend in your elbows. Do not bend your wrists.
- Keep your back straight, head aligned with your spine, and your feet flat on the floor.

Steps to Performing the Exercise:

1. Start Position



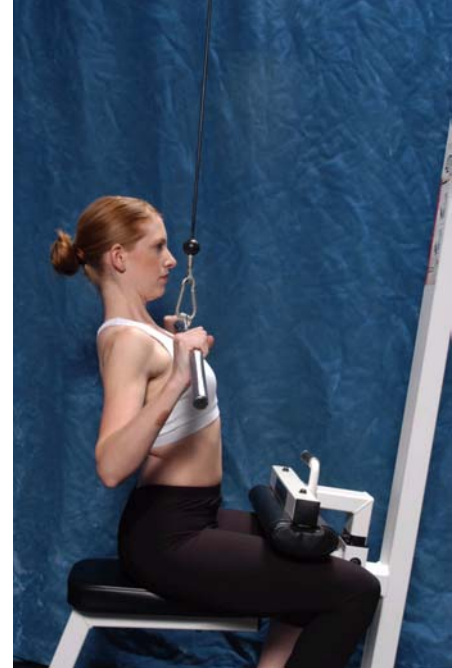
Exhale as you slowly pull the bar down, keeping it aligned with the front of your chest.

2. Middle Position



As you pull down, concentrate on keeping your elbows outward and your wrists aligned with your forearms.

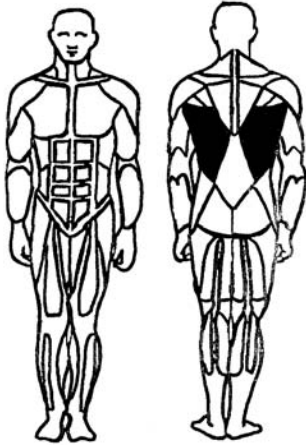
3. End Position



Continue pulling until the bar aligns with the upper part of your chest. Do not bend your wrists. Hold for 1/2 a second, squeezing your shoulder blades together and thrusting your chest slightly.

Note: While thrusting, be careful not to strain your lower back.

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Region: Back

- Primary Muscle Worked: Lattissimus Dorsi

Focus on Your Form:

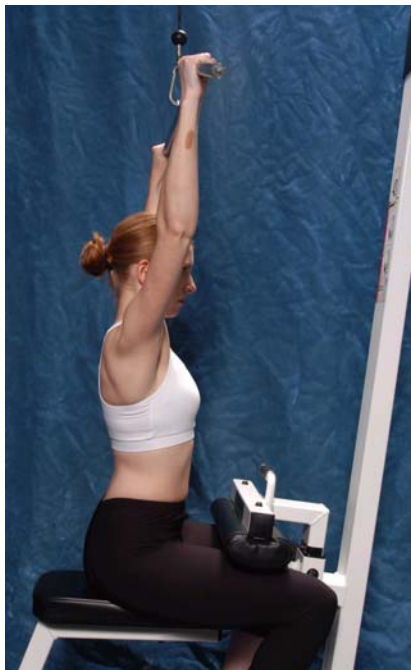
- Throughout the entire range of motion:
 - Keep your back straight and your head aligned with your spine.
 - Keep your feet flat on the floor.
 - Keep your wrists aligned with your forearms.
 - Do not bend your wrists.
- At end position, concentrate on squeezing your shoulder blades together. **Do not overthrust, putting unnecessary pressure on the lower back.**
- At start and end positions, do not lock out your elbows.

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Do not lock out your elbows. Repeat the movement for the recommended number of repetitions.

Figure A



Figure B

