

## BACK



### Cable Lat Pull-Down (Wide Grip)

**Movement**—combination of shoulder adduction and extension, scapular retraction, scapular depression and downward rotation, elbow flexion

**Primary muscles worked**—latissimus dorsi, teres major, posterior deltoid, rhomboids, mid- and lower trapezius, biceps brachii



#### How to Perform

##### **Starting Position**

- Hold the bar with a wide, pronated grip so that when the upper arms are parallel to the ground they form an angle of approximately 90°.
- The knees should be secure under the pad, and you should lean back slightly (15° to 45°) while keeping the core muscles engaged.

##### **Concentric Phase**

- Pull the bar toward the chest until the arms are just below parallel to the ground.
- Pull the scapulae down and together, allowing a natural arch in the lower back.
- Keep the scapulae depressed and retracted

##### **Eccentric Phase**

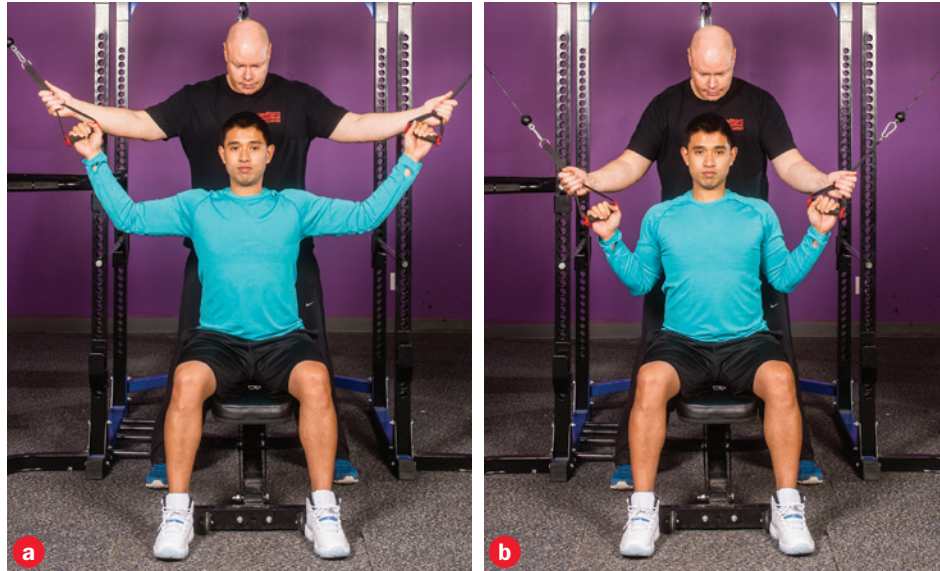
- Control the arms as you let them slowly back up to the original starting position while keeping tension on the latissimus dorsi.
- No change should occur in the angle at the hips after the original degree of lean is established
- Pulling the bar behind the head can be stressful on the shoulder joint and is not advised.

#### How to Spot

- Position yourself behind the client with both hands on the bar.

## Examples of Exercise Alternatives and Variations

- Cable lat pull-down (narrow supinated grip)
- Cable lat pull-down (medium grip)
- Double cable lat pull-down



Double cable lat pull-down

## **Cable Lat Row (Seated With V-Bar)**

**Movement**—scapular retraction, shoulder extension, elbow flexion

**Primary muscles worked**—rhomboids, midtrapezius, latissimus dorsi, teres major, posterior deltoid, biceps brachii

### How to Perform

#### **Starting Position**

- Plant the feet firmly against the machine with the knees slightly bent.
- Lean back slightly and keep a natural arch in the lower back.
- While holding the handles, keep the wrists in a neutral position and the elbows slightly bent.

