

EXERCISE

The Lat. Pull Down

By Cathal Fanning

- **Description**
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- **Muscles Worked**
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Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is the Lat. Pull Down. It's an upper body exercise working primarily the upper and mid back, and also the latissimus dorsi that attach on the side of the back - as well the biceps.

The client approaches the bar taking a hand position just outside of shoulder width, and then they lower themselves onto the seat, placing their thighs underneath the pads into a secure position and starting with a lengthened arm. What we're looking for is a nice neutral spine, so there's no obvious rounding in any part of the upper back.

When you're ready: pull down to just underneath chin level and pull towards your upper chest. Then lengthen nice and controlled as you come back up. As we're coming down, we are looking to make sure that the elbow comes down and slightly in at the bottom, and as we lengthen, we're getting to a fully lengthened and stretched position.

So coaching points that you might want to look at is that elbow path and

- Grab just outside the shoulders or a little wider.
- Keep the chest tall/bring the chest to the bar.
- Keep the elbows pointed straight down.
- Squeeze the lats/think of pulling from the armpits.
- Lower to the chin or just below.
- The tempo of the movement you're looking for is a nice quick movement on the way down. Brief pause at the bottom, and then slow and controlled as you come back up - lengthen the arms and relax. Make sure that your client is returning to a fully lengthened position.
- From here, just make sure that the client eases themselves up into the starting position again

Muscles Worked

The lat. pulldown works the latissimus dorsi, the largest muscle in the back, as well as your biceps, rear deltoids, rhomboids and trapezius muscles. This movement gives you the opportunity to train many muscles at the same time, and develop overall strength in your back and upper body.

Main Muscles Involved

- Latissimus Dorsi
- Biceps
- Posterior Deltoids
- Rhomboids
- Trapezius