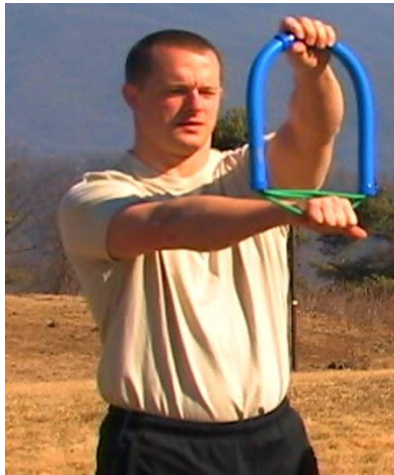


Lat Pull Down

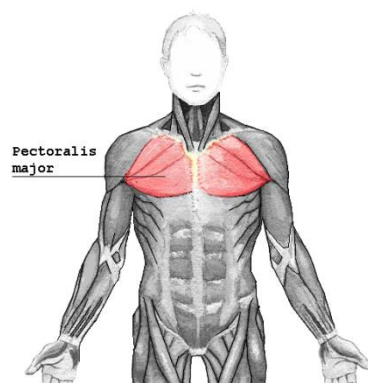
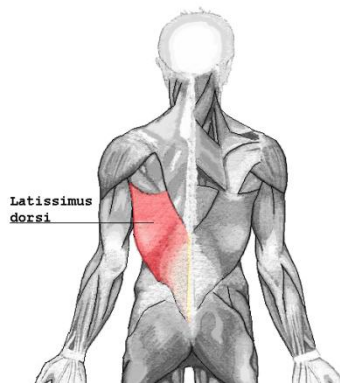
Hold the Cufline in front of the exercise shoulder at head level and with the tubes facing downward.

Choose your resistance and keeping your exercise arm straight, pull downward.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week. All routines are done standing unless noted otherwise.

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The primary muscles used in this exercise are the latissimus dorsi and the pectoralis major.