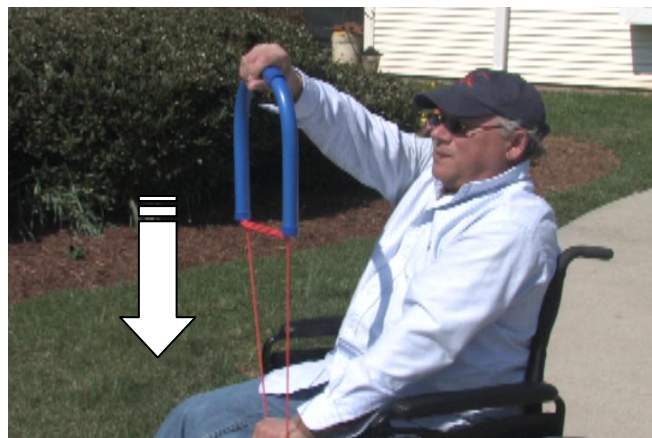


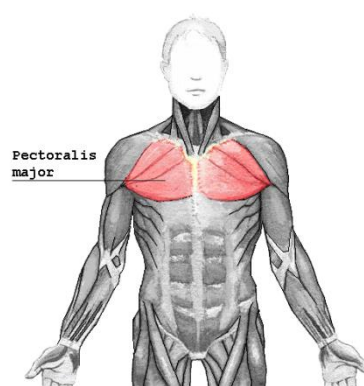
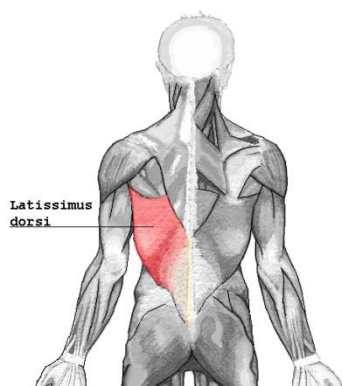
Wheelchair Lat Pull Down

Hold the Cuflinec 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.



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

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