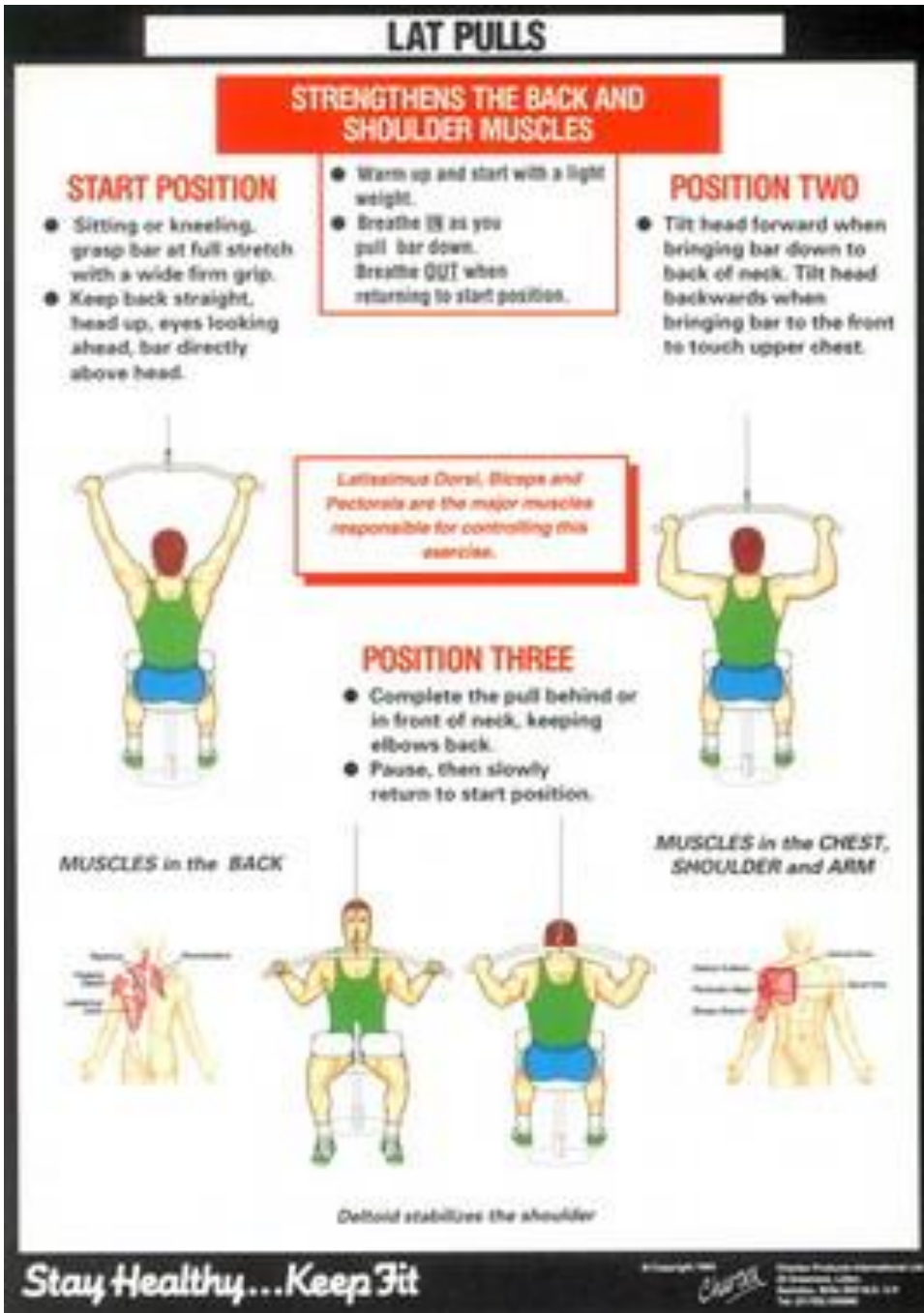


Lat Pull Down Machine Mounted Chart– CT060

<p>Description</p>	<p>◆ This chart shows how to do the Lat Pull Down exercise as well as illustrating the major muscle groups that work during the exercise. Each of the three exercise positions give instructional information regarding the technique involved in the Lat Pull, together with breathing advice as you pull the bar down. The Latissimus Dorsi, Biceps and Pectorals are the major muscles responsible for controlling this exercise. This helps to reinforce coaching by the Gym Instructor. Ideal for fixing onto your training machine in the gym or at home.</p>
<p>Details</p>	<p>1. Dimension: A5 Size</p>
<p>Image</p>	 <p>LAT PULLS</p> <p>STRENGTHENS THE BACK AND SHOULDER MUSCLES</p> <p>START POSITION</p> <ul style="list-style-type: none"> ● Sitting or kneeling, grasp bar at full stretch with a wide firm grip. ● Keep back straight, head up, eyes looking ahead, bar directly above head. <p>● Warm up and start with a light weight. ● Breathe IN as you pull bar down. ● Breathe OUT when returning to start position.</p> <p>POSITION TWO</p> <ul style="list-style-type: none"> ● Tilt head forward when bringing bar down to back of neck. Tilt head backwards when bringing bar to the front to touch upper chest. <p>Latissimus Dorsi, Biceps and Pectorals are the major muscles responsible for controlling this exercise.</p> <p>POSITION THREE</p> <ul style="list-style-type: none"> ● Complete the pull behind or in front of neck, keeping elbows back. ● Pause, then slowly return to start position. <p>MUSCLES in the BACK</p> <p>MUSCLES in the CHEST, SHOULDER and ARM</p> <p>Shoulder Stabilizes the Shoulder</p> <p><i>Stay Healthy...Keep Fit</i></p>