Title: Straight Arm Pulldowns / Pull Downs / Pullovers

Primary Muscle Groups: Middle Back / Lats

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li>Stand with feet shoulder-width apart. Keep the lower back straight and the core tight. Reach up and grab a pull-down bar with a wide grip.</li>

<li>Keeping your arms straight with a very slight bend in the elbow, pull the bar down to your hips. Breathe out and flex your lats as you do so.</li>

<li>Pause and slowly return to the top of the movement. Do not let the weight rest against the stack. Repeat the movement.</li>

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