Title: V-Bar / Triangle Bar Lat Pulldowns / Pull Downs / Pullovers

Primary Muscle Groups: Middle Back / Lats

Secondary Muscle Groups: Biceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Attach a V-bar / Triangle Bar to the Lat Pulldown machine. Sit on the bench and make sure your knees are secure. Reach up and grab the V-bar with an overhand grip. Be sure to brace your core.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by leaning back slightly while pulling down on the V-bar. Be sure to engage your middle back during the movement.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once the V-bar is at your chest, pause, contract the muscle, and slowly release to the starting position.</span></li>

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