Title: Wide-Grip Lat Pulldowns / Pull Downs / Pullovers

Primary Muscle Groups: Lower Back, Middle Back / Lats

Secondary Muscle Groups: Abs, Biceps

Summary: <ol>

<li>Set up a cable station with a straight bar attached to the top pulley.</li>

<li>Sit on the seat facing the station. Keep your feet flat and planted firmly on the floor.</li>

<li>Using an overhand grip, hold the bar as wide as comfortable. (Your hands should be about 1 1/2 - 2 times body width apart.)</li>

<li>Lean back slightly without arching your back.</li>

<li>Pull the bar towards the top of your chest using your shoulders while arcing your elbows out to the sides of your body.</li>

<li>At the end of the movement squeeze you shoulders together slightly and hold for a count of one.</li>

<li>Return to the start position by arcing your elbows forward while relaxing your shoulders.</li>

<li>Repeat.</li>

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