

# Lat Pull Down Video Exercise Guide

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Lat Pulldown (Double Overhand)



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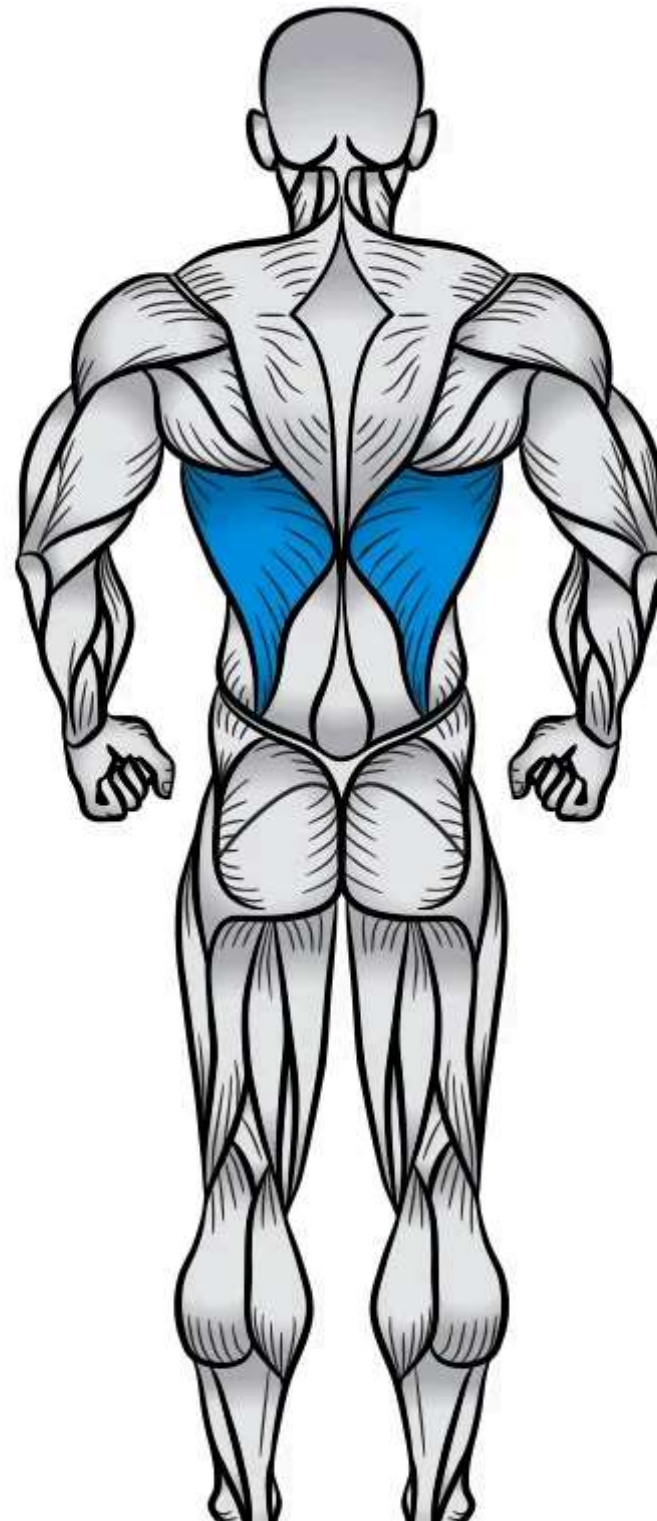
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# EXERCISE PROFILE

Target Muscle Group	<u>Lats</u>
Exercise Type	Strength
Equipment Required	Cable
Mechanics	Compound
Force Type	Pull (Bilateral)
Experience Level	Beginner
Secondary Muscles	Abs, Biceps, Shoulders, Upper Back

TARGET MUSCLE GROUP

# Lats





# Lat Pull Down Overview

The lat pull down is an exercise used to build the muscles of the back. While the exercise will primarily target the lats, you will also notice a fair amount of bicep and middle back activation.

The back is a muscle group that requires a fair amount of variation. So, experiment with several different angles and hand positions to maximize your back muscle growth.

The lat pull down can be performed during your back workouts, upper body workouts, pull workouts, and full body workouts.

## Lat Pull Down Instructions

1. Attach a wide grip handle to the lat pulldown machine and assume a seated position.
2. Grasp the handle with a pronated grip (double overhand) and initiate the movement by depressing the shoulder blade and then flexing the elbow while extending the shoulder.
3. Pull the handle towards your body until the elbows are in line with your torso and then slowly lower the handle back to the starting position under control.
4. Repeat for the desired number of repetitions.

## Lat Pull Down Tips

1. Keep some tone through your abdominals as you pull the bar into your body to ensure you don't arch excessively through the spine.

2. Don't allow momentum to dictate the movement, control the dumbbells throughout the entirety of each rep.
3. If you feel your biceps being overused and your back remaining under active, consider utilizing a false grip (i.e. don't wrap the thumb around the dumbbell).
4. Don't allow the head to jut forward as you pull.
5. Similarly, ensure the shoulder blade moves on the rib cage. Don't lock the shoulder blade down and just move through the glenohumeral joint.
6. Allow the shoulder to internally rotate and shrug slightly at the top of the movement. You will obviously reverse the movement and depress the shoulder blade before you pull with the arm.