

Rack Lat Stretch Video Exercise Guide

Categories: [Exercise Videos](#) [Lats](#)

20K Views

Rack Lat Stretch



Free Workouts & Advice

We send you the latest workouts, videos, expert guides and deals.



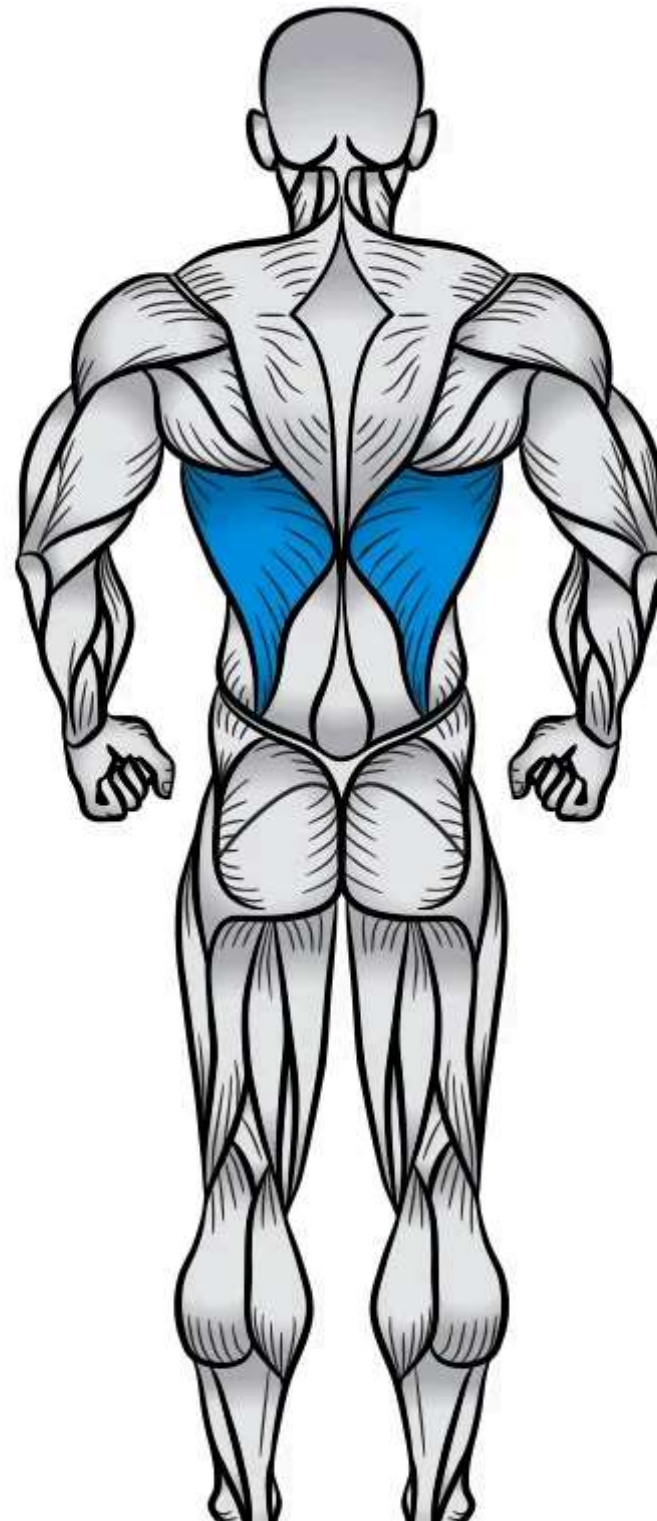
Subscribe

EXERCISE PROFILE

Target Muscle Group	<u>Lats</u>
Exercise Type	Warmup
Equipment Required	Bodyweight
Mechanics	Isolation
Force Type	Static Stretching
Experience Level	Beginner
Secondary Muscles	None

TARGET MUSCLE GROUP

Lats





Rack Lat Stretch Overview

The rack lat stretch is a static stretching exercise used to alleviate tension in the lats.

Having tight lats can affect a number of movement patterns, especially front squats and overhead presses. By performing this drill prior to days where you might train those movements, you'll allow yourself to keep better form during the movement.

Rack Lat Stretch Instructions

1. In an upright position, reach forward and grasp a squat rack with one hand. Place your free hand on the ribcage to monitor spinal positioning.
2. Sit back into your hips and step back with the ipsilateral leg to increase the stretch on lats.
3. Slowly lean back and open your hips to intensify the stretch.
4. Hold for time, breaths, or repetitions and repeat on the opposite arm.

Rack Lat Stretch Tips

1. Never stretch to the point of pain or discomfort which causes you to hold your breath. Holding the breath increases global tension and will only work against the effects of the stretch at hand.
2. If you're just feeling a stretch in the front of the shoulder then you're stretching the anterior capsule and increasing instability within the shoulder - STOP. Work on other movements such as a KB armbar, band dislocates, and soft tissue work with a lacrosse ball.

3. Work to control the stretch using your breath - after you rock forward slightly, focus on breathing in that position and increasing the stretch on the pec by inflating the lungs. Focus on completing a set number of breaths and then slowly try to get deeper into the stretch before repeating the process.