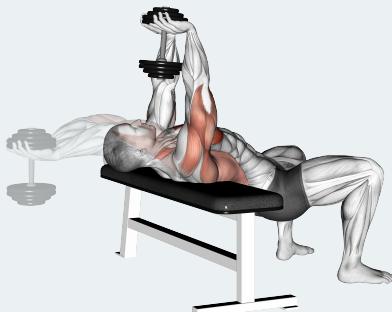


LATISSIMUS DORSI WORKOUT



② Dumbbell Pull Over

- Lying supine on a bench, hold dumbbell in hands, extended straight up with slight bend in the elbow.
- Gently lower dumbbell behind the head maintaining a slight bend in elbows and not overarching the lower back.
- Return to start position by contracting the latissimus dorsi muscles and ensuring the elbows do not flare out.



② Lat Pull Down

- Seated position with feet flat on floor, knees tucked under the support pad. Grasp the bar with an overhand grip.
- Keep your chest up, lean back slightly, pull the elbows down and towards your hips while keeping wrists straight.
- The bar should gently touch the upper chest before returning to the starting position under control.



① Cable Pushdown

- Grasp bar/rope with an overhand grip, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back.
- Press straight down by fully extending the elbow joint, while keeping your head up and wrists straight.
- Return to starting position under control.



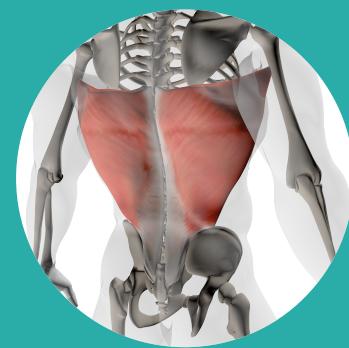
② Chin Ups

- Grasp bar with an underhand, narrower than shoulder width grip.
- Hang from the bar with arms straight, shoulders pulled down and back. Chest lifted, legs bent/crossed or straight.
- Pull the chin up to bar and then descend all the way back down.



② Assisted Pull Up

- Set weight to counterbalance the required amount of bodyweight, mount machine carefully, grasp bar with an overhand grip.
- Keep your chest and hips lifted throughout the movement. Avoid sitting on heels.
- Pull the body up so the chin is level with the hands, descend all the way back down.



KEY:

FX



FW



BW



ISO



COM

