

# Exercise Spotlight

## Pulldown [Seated, Underhand Grip]

Muscles Worked	- Latissimus Dorsi, Biceps, Erector Spinae, Transverse Abdominis
Benefits	- Strengthen the upper body and the muscles along the back, practicing sitting up straight and holding strong posture in a seated position - Improve pulling power and athletic performance by practicing a fundamental vertical pulling pattern
Precautions	- Remember to always hold strong posture, striving to keep the shoulders drawn back and down, hips in a neutral position, abdominals braced, lower body supported, and feet flat on the floor throughout
Instructions	- Grasp both handles with an underhand grip, then pull the handles in towards your body to establish your start position - Inhale as you slowly ascend the handles upward, making sure you keep your shoulders drawn back and down, chest open, and back involved - Exhale as you pull through the latissimus dorsi to return to start position, keeping your elbows close to the body and squeezing the muscles along the back as hard as you can to finish your movement - Repeat for a desired number of sets and repetitions

Start and Finish

Mid Point

