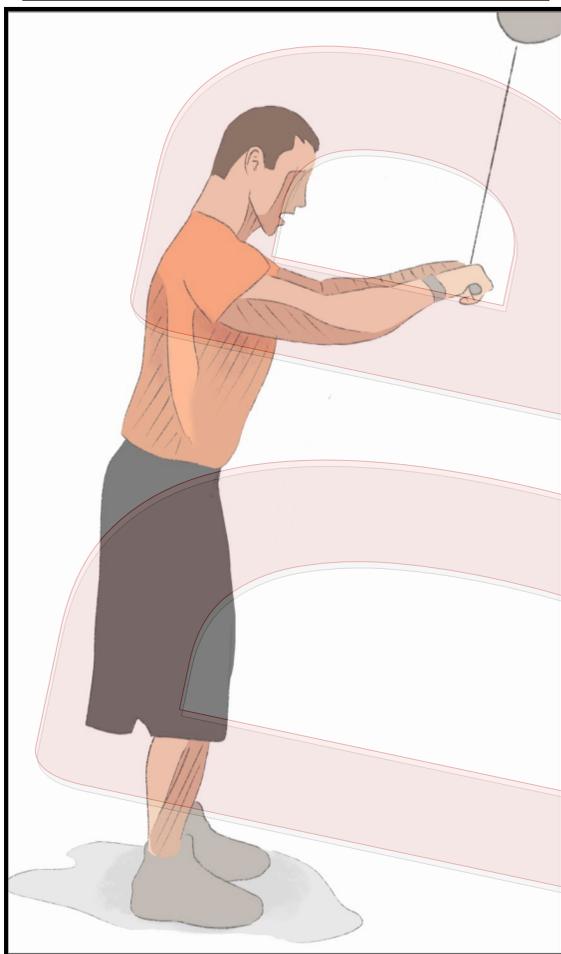


Exercise Spotlight

Pulldown [Standing, Straight Arm, Pulley]

Muscles Worked	- Latissimus Dorsi, Erector Spinae, Rectus Abdominis, Transverse Abdominis
Benefits	- Progress muscle development through the upper body. improve pulling power, and promote strong posture - Strengthen and condition the muscles along the spine
Precautions	- Maintain a slight bend at the knees, hips, and elbows throughout the entire movement, holding a neutral hip position and moving with a controlled tempo for the duration of the exercise
Instructions	- Begin on a pulley system with the carriage set in a high position, above your shoulders - Grasp the attachment with an overhand grip, establish strong posture, stabilize the weight at shoulder height, and straighten your wrists - Exhale as you pull the weight down to your hips, thinking about pulling through the large latissimus dorsi muscle group - Inhale as you slowly return to start position, stabilizing the weight at shoulder height and maintaining an open chest - Repeat for desired number of sets and repetitions

Start and Finish



Mid Point

