

# Your Exercise Routine: Lat Pull Down

Our next exercise is called the Lat Pull Down. This exercise is designed to strengthen the primary muscles of the back.

Most Lat Pull Down machines will have something like handles or a bar across the top, and the idea of the exercise is to actually grab the handles or the bar and pull your elbows down to your side.

We want to select a level of resistance on our machine that's actually going to be not too heavy so that can complete at least 10 to 12 repetitions, but not too light, it should be a little bit of a challenge.

So let's go ahead and try this exercise. I want you to grab the handles. Ok, lean back about 15 degrees, and then retract your scapula down and pull your elbows down through, stopping where your elbows create a V-shape with your arm. And then bring the handles back up slowly. Retract your shoulders down, V-shape with the arms, and return them back up.

You want to avoid pulling the bar or the handles down too low because that might stress your shoulders. You want to stop pretty much where the handles or the bar are at chin level and you have that nice little V-shape in your elbows.

Like with our other exercises we're going to complete 10 to 12 repetitions, take a break, and do another set.

Let's do two more. Last one. Very good. That was awesome. Good job!