



WIDE GRIP PULLDOWNS



START POSITION – Sit at a pull-down machine and adjust the thigh pads so your feet can be placed flat on the floor under your knees. Grab the bar attachment with your palms facing away from your body with a grip wider than shoulder width. Your arms should be fully extended and your upper body should be upright (not leaning backward).

THE MOVEMENT – Pull the bar downward to upper chest level while keeping your upper body upright. Your elbows will move down and back as you squeeze the bar to your chest. From this position, slowly let the bar rise back to the start position until your arms are completely extended again. Perform all repetitions in this manner.