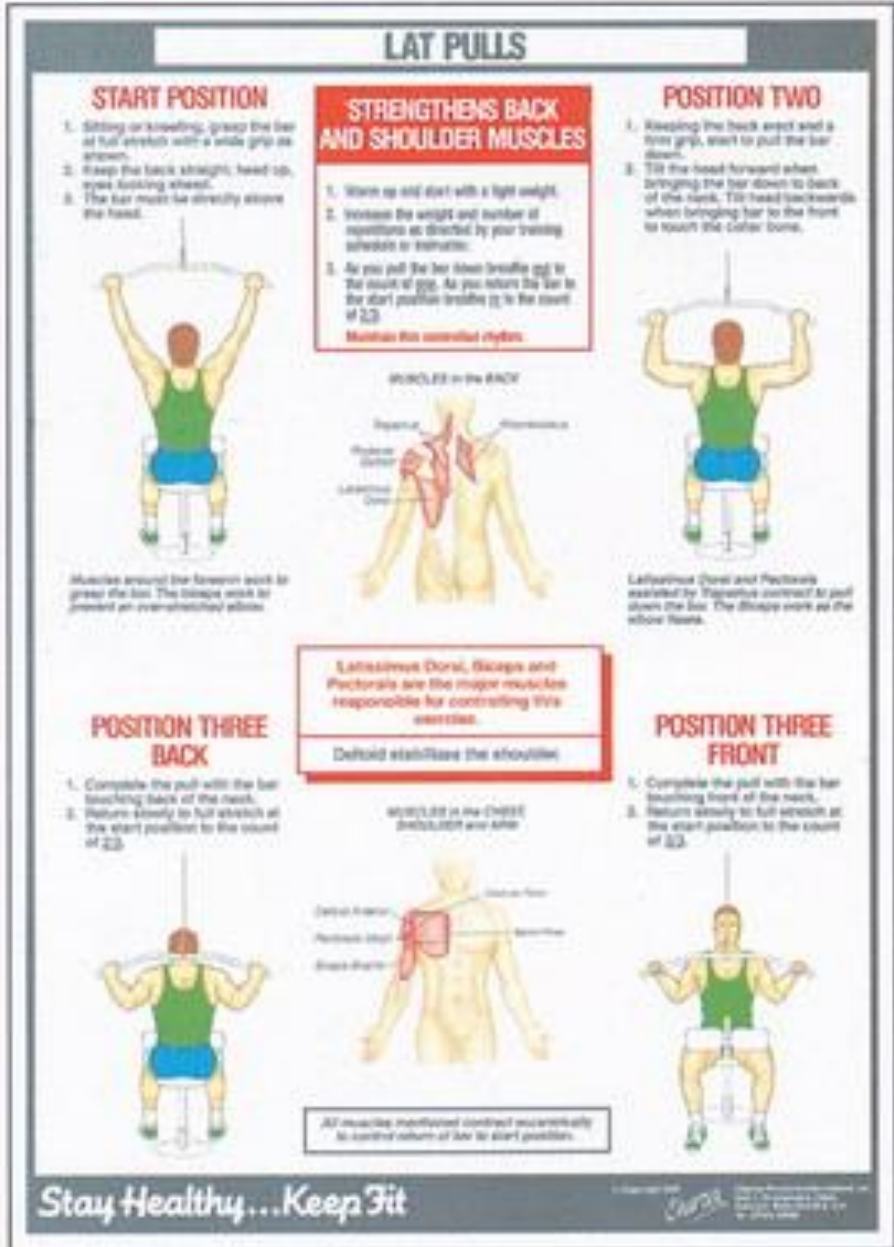


Lat Pull Down Wall Mounted Chart– CT120

<p>Description</p>	<p>◆ This chart shows how to do the Lat Pull Down exercise as well as illustrating the major muscle groups that work during the exercise. This exercise strengthens the upper back and shoulder muscles. Each exercise position is supported with instructional information and explanation is given on how the muscles responsible for controlling the Lat Pull work. It emphasizes the importance of warming-up with a light weight before starting your training programme and advice is also given about breathing as you pull the bar down as well as returning it to the start position. This chart is ideal for fixing on the wall next to your weight training machine and it helps to reinforce the instruction provided by the trainer.</p>
<p>Details</p>	<p>1. Dimension: A3 Size</p>
<p>Image</p>	 <p>LAT PULLS</p> <p>START POSITION</p> <ol style="list-style-type: none"> Sitting or kneeling, grasp the bar at full stretch with a wide grip as shown. Keep the back straight, head up, eyes looking ahead. The bar must be directly above the head. <p>STRENGTHENS BACK AND SHOULDER MUSCLES</p> <ol style="list-style-type: none"> Warm up and start with a light weight. Increase the weight and number of repetitions as directed by your training schedule or instructor. As you pull the bar down breathe (g) to the count of 300. As you return the bar to the start position breathe (g) to the count of 225. <p>Maintain the essential rhythm.</p> <p>MUSCLES IN THE BACK</p> <p>Trapezius, Rhomboid, Latissimus Dorsi</p> <p>POSITION TWO</p> <ol style="list-style-type: none"> Keeping the back erect and a firm grip, start to pull the bar down. Tilt the head forward when bringing the bar down to back of the neck. Tilt head backwards when bringing bar to the front to touch the collar bone. <p>Latissimus Dorsi and Pectoralis muscles are the primary muscles that pull down the bar. The biceps work as the elbow flexors.</p> <p>Latissimus Dorsi, Biceps and Pectoralis are the major muscles responsible for controlling this exercise.</p> <p>Shoulder stabilizes the shoulder.</p> <p>POSITION THREE BACK</p> <ol style="list-style-type: none"> Complete the pull with the bar touching back of the neck. Return slowly to full stretch at the start position to the count of 225. <p>MUSCLES IN THE CHEST</p> <p>Deltoid Anterior, Pectoralis Major, Biceps Brachii</p> <p>POSITION THREE FRONT</p> <ol style="list-style-type: none"> Complete the pull with the bar touching level of the neck. Return slowly to full stretch at the start position to the count of 225. <p>All muscles mentioned contract eccentrically to control return of bar to start position.</p> <p>Stay Healthy... Keep Fit</p>