

Lat Pulldown

Front · overhand grip

A seated vertical pull with adjustable resistance. It trains the back while coordinating shoulder motion and elbow flexion.

MUSCLES AT WORK

TARGET	Latissimus dorsi: draws the upper arms down toward the torso
ASSISTANCE	Teres major and posterior deltoids assist shoulder motion; biceps, brachialis, and brachioradialis bend the elbows
STABILIZATION	Trapezius and rhomboids control the shoulder blades; trunk muscles steady the torso

01 START POSITION



Establish a stable base before moving.

02 BOTTOM POSITION



Check the bar position and elbow path.

Model illustrations show key positions. Turn the page for the full sequence and checkpoints.

Equipment: Lat pulldown machine, lat bar, and thigh pad

Technique & checkpoints

Practice with a light load and check each part of the movement.

1 Secure your setup

Plant your feet and secure your thighs under the pad. Use a comfortable overhand grip around shoulder width or slightly wider; brace.

Thighs secured; wrists straight.

2 Set your torso

Sit tall with a small, steady backward lean. Keep your neck aligned and begin by moving your shoulders away from your ears.

Keep the same torso angle throughout.

3 Drive elbows down

Exhale and draw your elbows toward your sides, bringing the bar toward the upper chest. Stop before the elbows begin traveling backward.

Pull in front; chest contact is optional.

4 Return slowly

Pause briefly, then inhale as you extend your arms overhead. Let the shoulder blades rise naturally and control the return without lifting off the seat.

Reach overhead with control; stay seated.

COMMON ERRORS

- Swinging or leaning farther back during the pull
- Pulling behind the neck or jutting the chin forward
- Overpulling or letting the weight yank the arms upward

SAFETY CHECK

Begin with a load you can control. Stop for shoulder, neck, or back pain. Guide every return and avoid slamming the stack.

REFERENCES (CLICKABLE)

ACE - Seated Lat Pulldown

NASM - Lat pulldown biomechanics

Lehman et al. (2004) - Muscle activation during pulling exercises

Grip variation and muscle activation (2025) - Primary research

Jeff Nippard - How To Build A V-Tapered Back: Lat Training Dos and Don'ts (YouTube)

Video reviewed: 2026-10-16