

# LAT PULLDOWNS (V-BAR)



1. Sit down on a **Lat Pull Downs Machine** with a **V-Bar** attached at it's top pulley, then select your desired resistance to be used.
2. Adjust the knee pad of the machine to fit your height so it prevents your body from being raised by the resistance when performing this exercise. Grab the **V-Bar** in a neutral grip with your palms facing each other and your arms fully extended right above you. Stick your chest up and slightly lean your torso back just a bit to better engage your lats muscles when performing this exercise. This will be your starting position.
3. Now use your lats muscles to pull the **V-Bar** all the way down until it almost touches your upper chest (just below your chin level).
4. Slowly return the **V-Bar** all the way back up to it's starting position, while keeping your lats muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

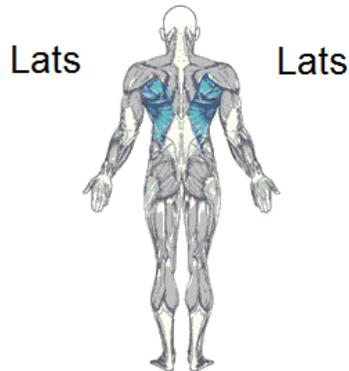
**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any lats, shoulders, biceps and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your lats muscles -as it should- instead of having you rely on your arms to perform this exercise. Lower down the weight resistance if you ever felt your arms are being more engaged than your lats muscles -which should be the main muscle group you're targeting. Do NOT feel tempted to swing your torso back and forth while performing this exercise. It is normal for you to also feel your upper core muscles (upper abdominals) getting slightly engaged while performing this exercise.

## **ALTERNATIVE EXERCISES:**

[Machine Assisted Pull-Ups \(Neutral Grip\)](#) / [Rope Cable Pull Overs](#) / [Lat Pull Downs \(Underhand Grip\)](#)

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## PRIMARY MUSCLE

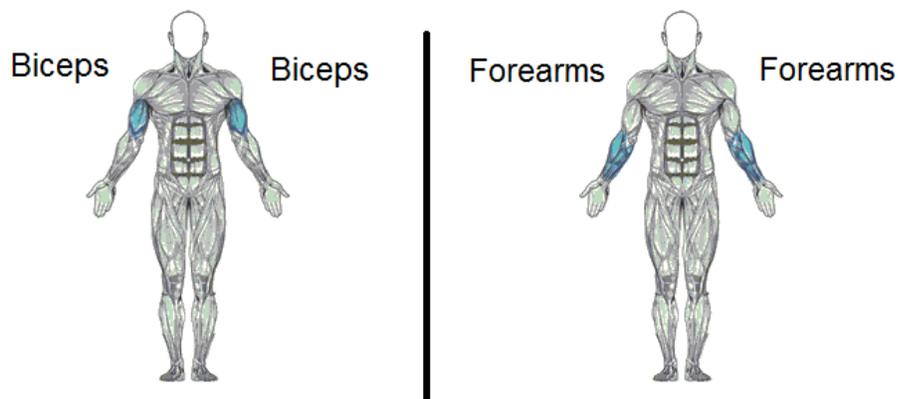


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

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