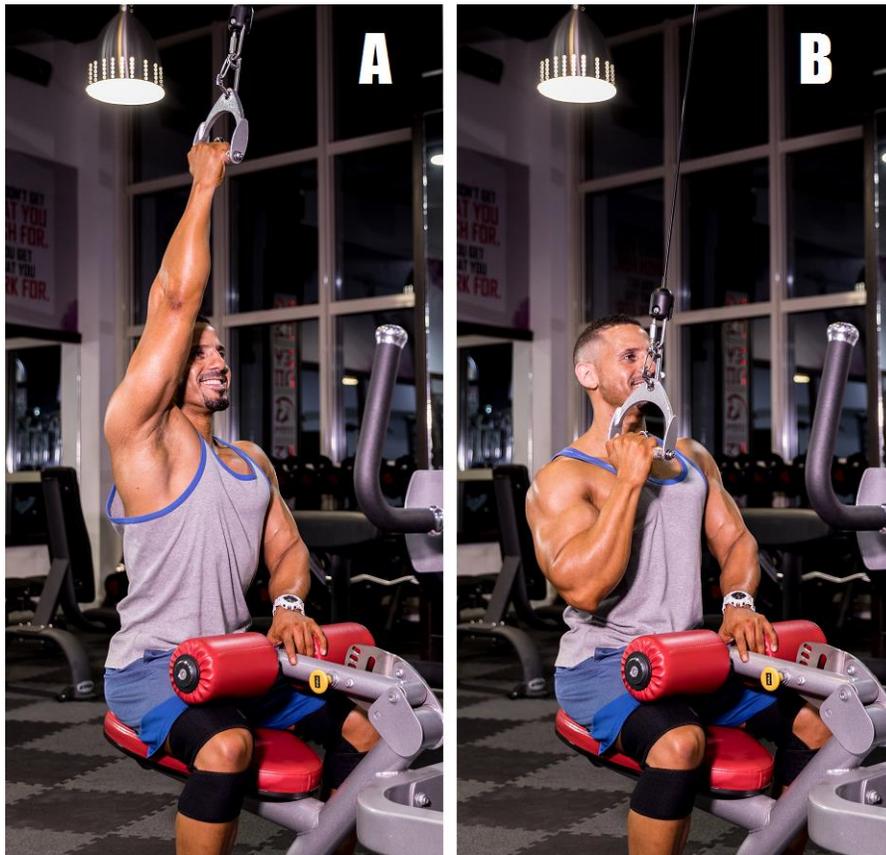


LAT PULLDOWNS (SINGLE ARM GRIP)

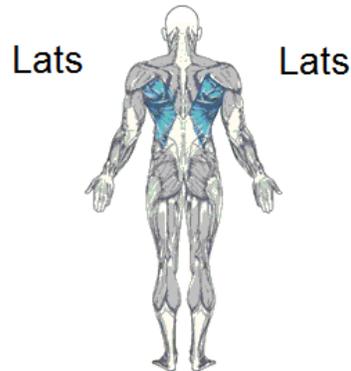


1. Sit down on a **Lat Pull-Down Machine** with a **Single Arm Grip** attached at it's top pulley, then select your desired resistance to be used.
2. Adjust the knee pad of the machine to fit your height so it prevents your body from being raised by the resistance when performing this exercise. Grab the **Single Arm Grip** attachment with one hand where the palm of your hand should be facing inwards. Your non-lifting hand should be holding on to the knee pad to give you some support. Stick your chest up and slightly lean your torso back just a bit to better engage your lat muscle when performing this exercise. This will be your starting position.
3. Now use your right side lat muscle to pull the **Single Arm Grip** all the way down until your thumb is facing your right upper chest.
4. Slowly return the **Single Arm Grip** all the way back up to it's starting position, while keeping your right side lat muscle fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch hands and repeat the same exact motion for the same recommended amount of repetitions with your other hand.

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 that 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. It is also normal for you to feel your upper core muscles (upper abdominals) getting slightly engaged while performing this exercise. **ALTERNATIVE EXERCISES:** [Half Kneel Single Arm Cable Pulls](#) / [Rope Cable Pull Overs](#)

LAT PULLDOWNS (SINGLE ARM GRIP)

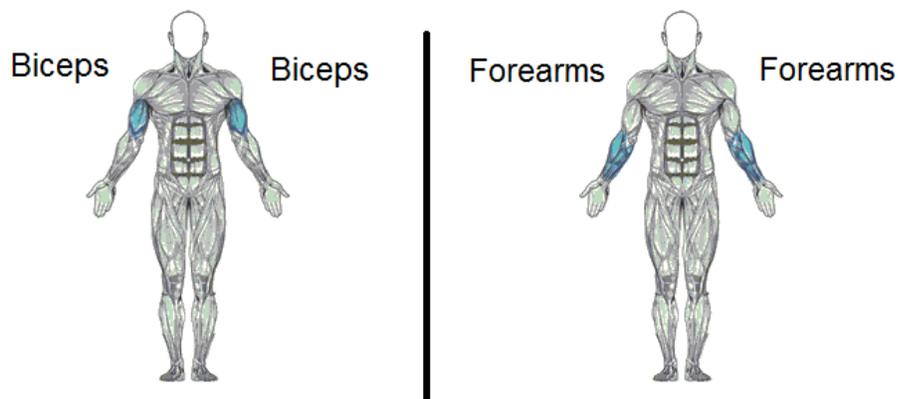
PRIMARY MUSCLE



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.

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.

LAT PULLDOWNS (SINGLE ARM GRIP)



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