

MACHINE ASSISTED PULL-UPS (NEUTRAL GRIP)



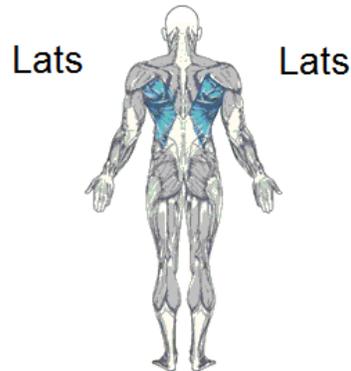
1. For this exercise you will need to use an **Assisted Chin Up/Dips Machine**. First, adjust the proper resistance (assistance) to be used then climb up on the machine to get yourself into your starting position by holding onto the machine's **Neutral Bars** with the palms of your hands facing each other, then hang down at full arm's length as you press down with your feet against the assisting platform just beneath. This will be your starting position.
2. Use your lats muscles to pull yourself up as high as you can while keeping your body straight, and your chest sticking out.
3. Slowly bring yourself back down to your starting position, while keeping your lats fully engaged and under constant tension. Keep going down until you feel your lats muscles are fully stretched.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: Make sure the machine's weight resistance (assistance) matches your strength level so it can help you properly perform this exercise without the need for you to jerk or swing your body up. A proper adjusted resistance (assistance) should have you mostly engage your lats muscles -as it should- instead of having you rely on your arms to perform this exercise. Increase the weight resistance (assistance) 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. It is normal for you to feel your abdominal muscles also getting engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Lat Pull Downs \(V Bar\)](#) / [Rope Cable Pull Overs](#) / [Seated Cable Rows \(V Bar\)](#)

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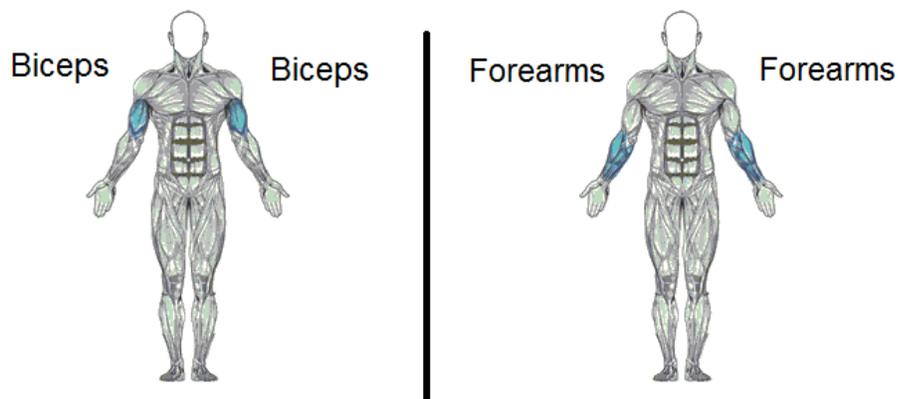
PRIMARY MUSCLE



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.

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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