

Exercises for the Lats (Latissimus Dorsi)

Close-Grip Front Lat Pulldown

Major Muscle Group: Latissimus Dorsi

Other Muscles Worked: Biceps, Middle back

Sit at a lats pulldown machine or kneel in front of a cable pulley. Hold lat bar with hands about 20–25 cm (8–10 in) apart. Start with arms extended overhead. Pull bar straight down until it is even with your upper chest. Return slowly to starting position. Do not lean back!



Cable Rows

Major Muscle Group: Latissimus dorsi

Other Muscles Worked: Middle back

Sit at a seated cable row station with your back erect, feet planted firmly against the pads, and your knees only slightly bent. Pull cable attachment to waist while straightening lower back. Pull shoulders back and push chest forward during contraction. Return until arms are extended, your shoulders are stretched forward, and lower back is flexed forward. Repeat.

**Pull-Ups**

Major Muscle Group: Latissimus Dorsi

Step up and grasp bar with a wide overhand grip. Pull body up until neck reaches the height of the hands. Lower body until arms and shoulders are fully extended. Repeat.



Straight-Arm Pulldown

Major Muscle Group: Latissimus dorsi

Stand in front of a lat pulldown bar with your arms outstretched toward the bar. Place your palms flat on the bar and pull it down to shoulder level. Keeping your elbows slightly bent and your wrists locked, pull the bar down toward your body in an arcing motion. The bar should touch or come close to your thighs. Slowly allow the bar to come back up to the starting position. Keep your back straight. Repeat.

