

LAT PULLDOWN

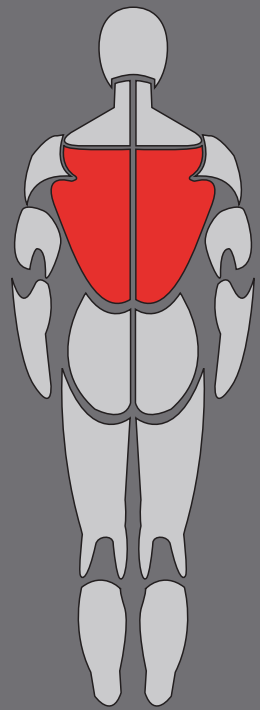
Instructions:

Sit, facing the machine and adjust the seat so your legs are comfortable, but secure under the leg hold down pads

Insert selector pin in weight stack at desired resistance level

Reaching overhead, grasp the bar handles in a comfortable, wide position and slowly pull downwards until the bar is over and even with your chest.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Group:
Latissimus Dorsi



MIDROW

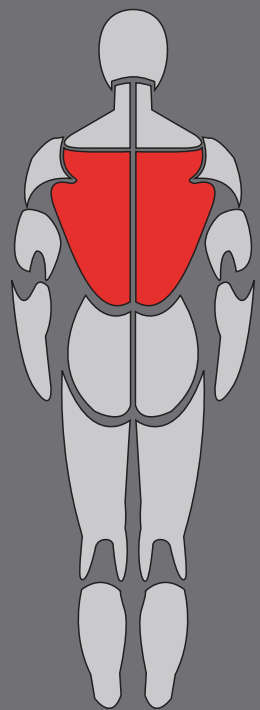
Instructions:

Sit, facing the machine and adjust the seat so your legs are comfortable, but secure under the leg hold down pads

Insert selector pin in weight stack at desired resistance level

Reaching in front of you, grasp the bar handles in a comfortable position and slowly pull towards you until the bar is over and even with your stomach.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Groups:
Latissimus Dorsi

