

ANATOMY of EXERCISE

A TRAINER'S INSIDE GUIDE TO YOUR WORKOUT



STRAIGHT ARM PULL-DOWN

Starting Position: Stand, facing the high pulley, with your legs shoulder-width apart and your spine in a neutral position. Grasp the bar in an overhand grip with your palms facing down and your arms extended.



LOOK FOR

- A neutral spine
- Retracted scapula

AVOID

- Elevating your shoulders toward your ears
- Arching your back
- Bending your arms

Action: Pull the bar straight down toward your lap, bringing your shoulders down and back, so that your palms face your thighs at the bottom of the movement. Return the attachment and repeat.

Movement Path: Your arms should extend slightly beyond your body in one plane of movement. Your torso rotates around your center of mass at the same rate as you pull the cable.



STABILIZE BY

- Drawing in your navel
- Retracting your shoulder blades
- Keeping your shoulders in one position and your upper arms alongside your body