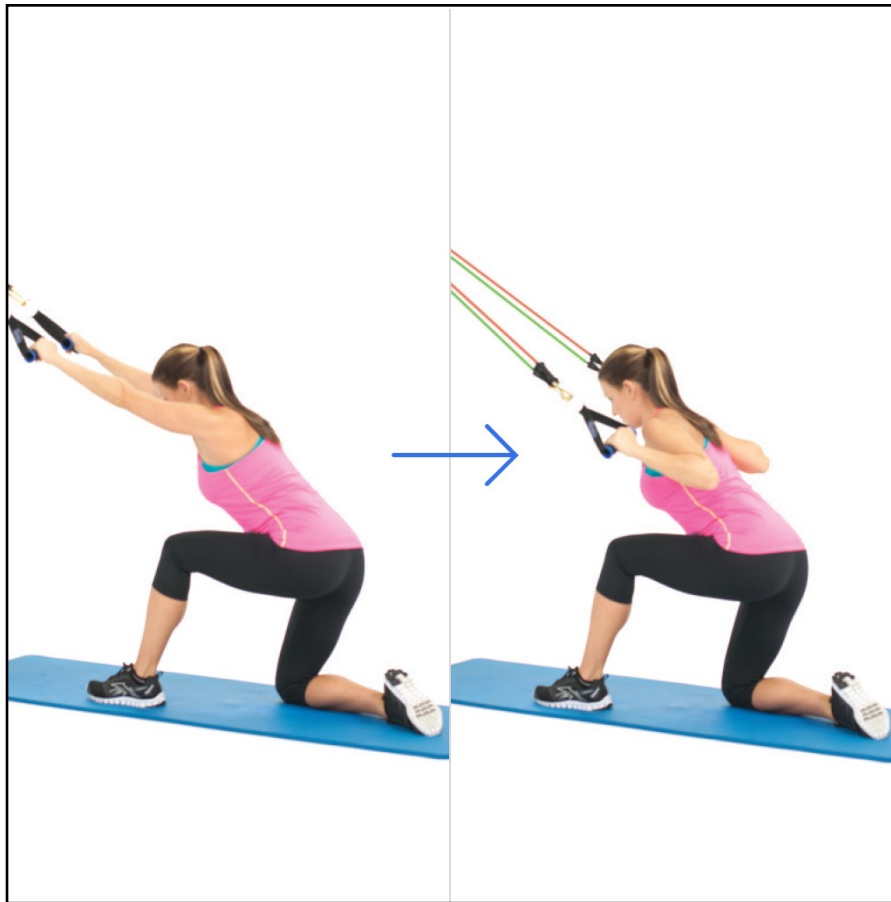


Wide Grip Lat Pull Down With Bands

Area Targeted: Outer Back



FIND THIS EXERCISE ON YOUTUBE: https://www.youtube.com/watch?v=IJJEkmU_f3c

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at top of the door.

Bands: Attach a handle to each end of the band(s).

Body Positioning: Grip a handle with each hand and kneel down on one knee, 3 to 4 feet from the door while facing the door. Keep your back straight, head straight, shoulders down, and arms pointed towards the anchor with palms facing down.

MOVEMENT:

Pull the handles down and out to the sides until your hands are even with your chin. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Grip the handles loosely, just tight enough so that you will not let go.
2. Pull through your elbows.