

bust a move

HELP WITH YOUR WORKOUT FROM HAMPTON ROADS FITNESS EXPERTS

CABLE LAT PULL-DOWN – THE RIGHT WAY

BY LORRAINE EATON | THE VIRGINIAN-PILOT

WHAT YOU'LL NEED Lat pull-down machine

TRAINER'S TIP Always keep your chest up and your abs and back tight to maintain a neutral spine during this exercise.



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Client Eric Hollowell, Norfolk



Step 1

Choose a weight that you can control but that is also challenging.
Sit down, feet flat on the floor. Adjust the seat so your knees are at a 90-degree angle.
Adjust the pad snugly over your knees.



Step 2

Stand up and hold the bar with an overhand grip. Your hands should be just wider than shoulder distance apart.
Sit back down, face forward, shoulders square, arms extended – but not locked at the elbows – chest up, back and abs tight.



Step 3

Take a deep breath.
While exhaling to the count of 2, contract your back muscles and lead with your elbows to bring the bar in front of your body until it is even with your shoulders, or a bit lower.
"Really think about pulling your shoulder blades together," trainer Taylor says.
Hold, for 1 second.



Step 4

To a count of 4, raise the bar back to the starting point. Keep the movement controlled.
You should feel a slight stretch at the top.
A variation of this move uses an underhand grip, hands shoulder distance apart. This gets the biceps working as well as the chest and rear shoulders.

How much and how often?

Two to three times a week, do two to three sets of 10 to 15 reps.
Increase weights in 5 percent increments.

What are the benefits?

This move works the back muscles, particularly the latissimus dorsi – the large muscles on either side of the back.

The trapezius, the upper back muscle, and the teres major, the muscles around your shoulder blades, also get a workout.

This can help you build up enough strength to do pull-ups.

It's also great for swimmers, and basketball players who want to get those rebounds.

Avoid injury

The biggest mistake most people make is using momentum, which results in the bar swinging. If you cannot control the movement, use less weight.

Always maintain a natural arch in your back to prevent back strain.

Do you have a move?

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