

SEATED LAT

- Sit facing machine - adjust thigh pad A to hold you securely in place
- Select weight
- Hold handle with wide overgrasp grip
- Look up at bar during the exercise
- Pull handle down to chest (sternum)
- return smoothly



Setting Up



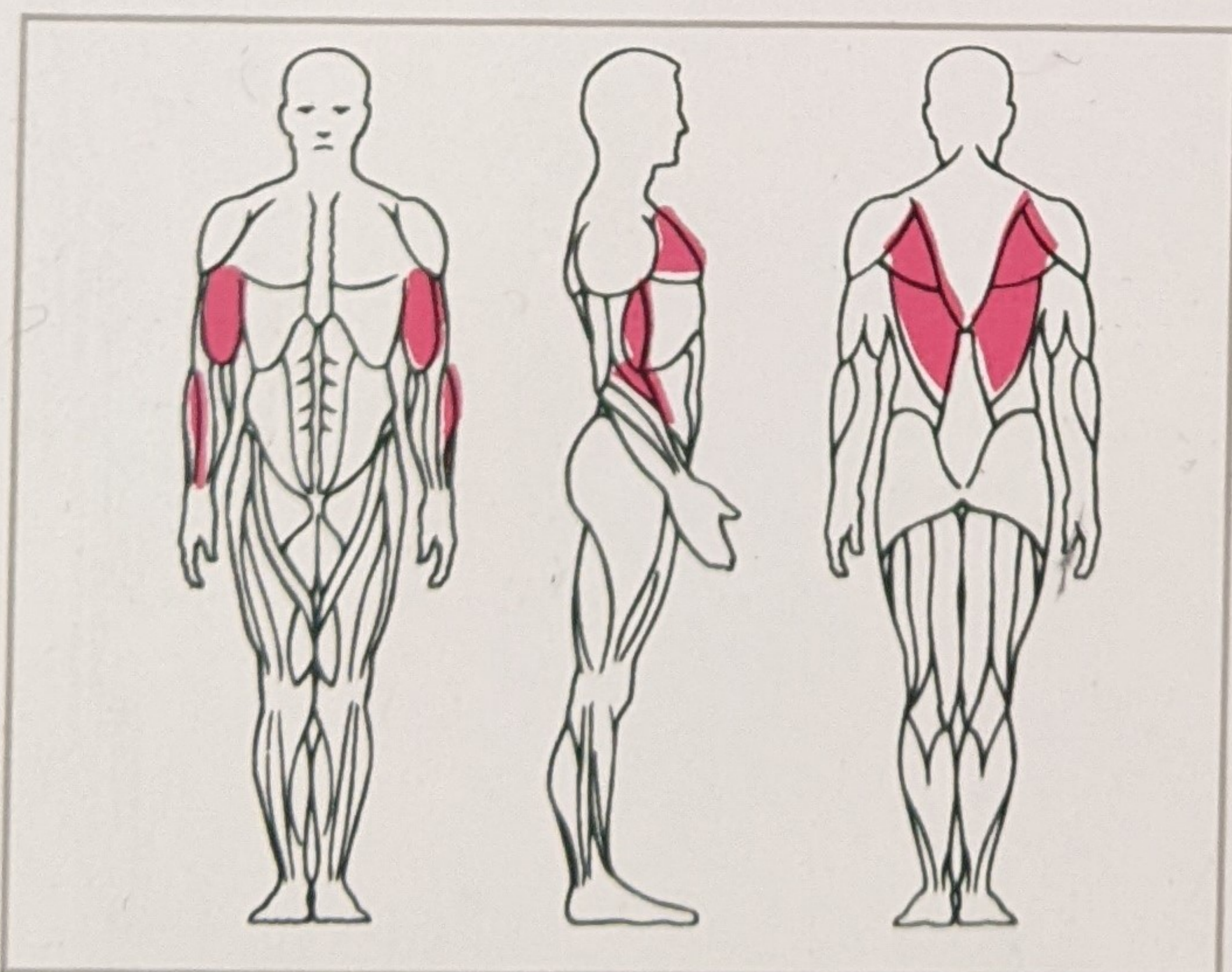
Start



Finish



Muscles Used



Training Tips

- Variation - Pull down behind neck
- Further Variation - Using narrow undergrasp grip - pull down to chest

Muscles Used

Lower Back (Arm Adductors)
Latissimus Dorsi - Teres Major
Pectoralis Major + Elbow Flexors

WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	8	13	18	23	28	35	42	49	56	63	70	77	84	91	98

WEIGHT NO.	16	17	18	19
KG's	105	112	119	126