

KEY POINTS FOR A SAFE AND EFFECTIVE LAT PULLDOWN

1. Handgrip

Use a palm-down grip. A neutral grip (thumbs on top—a position that places your palms facing inward) or a palm-up grip can be used, but they are less effective for strengthening your lats.^{1,2}



Correct (neutral)



Correct (palm up)



Correct (preferred) (palm down)