**Muscles Exercised** – Latissimus dorsi, Rhomboids, Posterior Deltoids, Triceps

**Setup**

Adjust the seat height by aligning the top of the pad with the center of your chest. Stand up, lean forward, and grasp the handgrips so that your arms are at a slight decline.

**Performing the Exercise**

1. While seated, pull the handgrips back until your hands are even with your torso, keeping your chest on the pad.

2. Make sure you pull your elbows straight back while pinching your shoulder blades together.

3. Slowly return to starting position and repeat.