SIGNATURE SERIES PULLDOWN (FZPD)

Muscles Exercised – Latissimus Dorsi and Biceps

Setup:
Check the weight stack to ensure appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under pads. Upper body is positioned leaning slightly forward from the hips, pulling directly over shoulders.

TIP: Attempt to stabilize the body without the use of the thigh pads until necessary.
TIP: The ideal grip position on the handle positions the hands as far out as possible, but still allows the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.

Performing the Exercise:
With a controlled motion, draw down the handles directly over the shoulders until hands reach shoulder height, then extend the handles up until arms are fully extended. Return the handles to the start position and repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise think about lowering your elbows towards your lower back. This will re-enforce the correct exercise position and increases the mental concentration on the Latissimus Dorsi.