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# INSTRUCTIONS

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## BANDED LAT PULL DOWN

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/banded-lat-pull-down/>

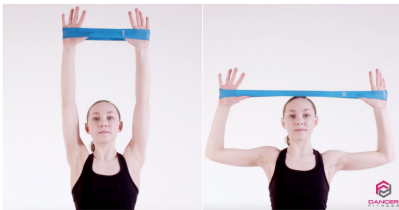
Arms

Back

Shoulders

Turns

Upper Body



### Steps::

- With a band outside of your palms, lift your arms over head and turn your wrists so your palms are facing away from you.
- With control, pull band down behind your head while engaging your back muscles.
- Pause for a second, and lift your arms up back over your head.

Repetitions:

- Repeat 8-12 times or 60 seconds if you're doing a circuit.