



INSTRUCTIONS

BANDED LAT PULL DOWN

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

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

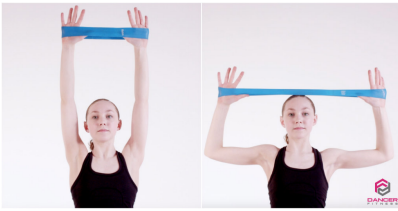
Arms

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.