

---

## Level One: Signature Pulldown

The signature series lat pulldown offers the entry user the ability to practice the correct sequence of activation i.e. setting of scapula and also if someone lacks a bit of pelvic control (poor glute strength) then we can address this whilst still getting the movement strength. The increments allows for simple load progressions.

---

### Teaching Points

- Adjust the seat so thighs are secured by the thigh pad and you can just about reach the handles
- Face into the machine, take an overhand grip whilst standing, 1 ½ to 2 times shoulder width apart
- Sit down into the seat holding onto handles
- Retract shoulder blades, engage core and maintain neutral spine
- Pull bar down until the handles are just above the shoulder level
- Lead the movement with the elbows, squeezing the shoulder blades together
- Return to the start keeping a slight gap between the weight stacks



### Target Muscles

**Primary Muscles:** latissimus dorsi, rhomboids, brachialis, brachioradialis

**Secondary Muscles:** pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus



**Look out for:** flexion of the core, not retracting the shoulder blades at the start of the movement, speed of movement returning the weights to the start, spinal alignment