

Pulldowns — Shoulder Adduction (with elbow flexion)

Muscles Worked:

Latissimus Dorsi, Teres Major,
Rear Deltoids, and Biceps

Bench Position:

Flat Bench Forward

Accessory:

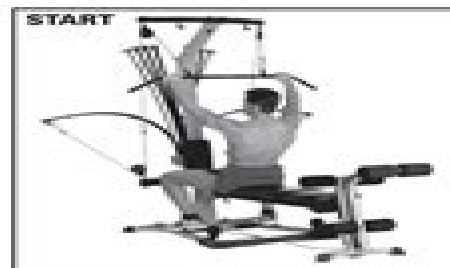
Bent Lat Bar

Pulleys:

Lat Tower

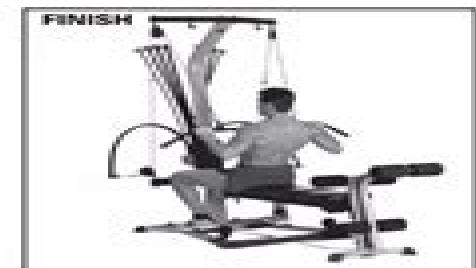
Success Tips

- Keep your knees bent and feet flat on the floor.
- To determine the appropriate grip width for you, hold your arms straight out to your sides at shoulder height. Bend your elbows approximately 90°. Hands should be no wider apart than your elbows (beginners may narrow their grip to increase comfort).
- Keep your spine aligned, abs tight, and a slight arch in your lower back.



Start

- Grasp the Bent Lat Bar using the wide grip determined by following the directions in the Success Tips, then sit on the bench and face the Power Rod® unit.
- Position your thighs directly under the Lat Tower Pulleys.
- Sit upright.
- Keep your arms extended and straight.



Action

- Initiate movement by pulling shoulder blades together while simultaneously drawing elbows down and inward.
- Bent Lat Bar may not touch your chest. At the end of the motion, arms should be near your sides and shoulder blades fully depressed.
- Keep forearms facing upward.
- Slowly return to Start position.

Narrow Pulldowns with Handgrips — Shoulder Extension (with elbow flexion)

Muscles Worked:

Latissimus Dorsi, Teres Major,
Rear Deltoids, and Biceps

Bench Position:

Flat Bench Forward

Accessory:

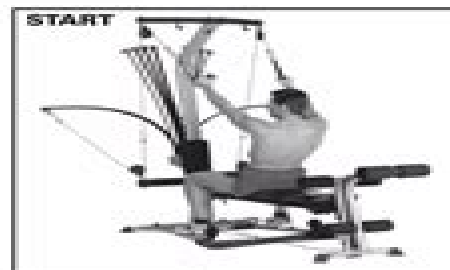
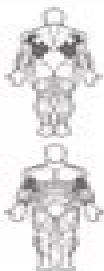
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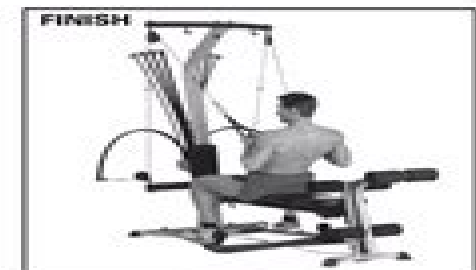
Success Tips

- Keep your chest lifted, abs tight, and a very slight arch in your lower back.
- Keep your knees bent and feet flat on the floor.
- Keep the lats tightened throughout the entire motion.



Start

- Attach a Handgrip to each cable on the Lat Tower Pulleys.
- Straddle the bench, facing the Power Rod® unit.
- Grasp a Handgrip in each hand, palms facing each other, and sit down on the bench.
- Position your thighs directly under the Lat Tower Pulleys.
- Sit upright.



Action

- Keep your hands at shoulder width, arms straight. Initiate movement by pulling your shoulder blades down and together while simultaneously bending your elbows, drawing them down and inward toward your sides.
- At the end of the motion, arms should be near your sides, shoulder blades depressed, and forearms facing upward.

Manual For Older Bowflex

Erik Lawrence



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