

# Pull Down

MAP REF

5

## Strength

### HOW TO

- Sit comfortably on the chair and take hold of the handle bars at shoulder width apart
- Your grip should be closed with your fingers facing forwards
- Keep your chest tall and engage your core
- Pull the bar down towards your chest
- Keep your elbows pointed straight down
- Squeeze your shoulders and think of pulling your elbows down
- In a slow, controlled movement allow the bar to raise back to the starting position
- Repeat



## Pull Down (continued)

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5

### Strength

ADVANCED

Before pulling the bar down raise your feet off the ground. Depending on your height and stature, you may find raising your feet to the front or to either side more comfortable



Advanced

