

# *Personal Training by Robert J. Bovee*

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## **CLOSE GRIP LAT PULLDOWN (V-BAR)**

**A. Emphasis.** The primary muscles stressed in this movement are the muscles in your upper back (latissimus dorsi - center of the back). The secondary muscles stressed are the shoulders and biceps.

**B. Starting Position.** Grip the v-bar and extend your arms up over your head. Push your chest up and pull your shoulders back.

**C. Movement.** Pull the v-bar down to chin level (**90** degrees) as you push your chest up to the bar. Squeeze your shoulder blades together and keep your shoulders down. Take **2** to **3** seconds to return the v-bar up to the extended position.

### **D. Training Tips.**

- 1) Keep your chest up and shoulders back and down to help isolate the lats.
- 2) Be sure to focus on bringing the bar down with your back muscles, trying not to use just your arms.

### **E. Options.**

- 1) You can also use the straight bar lat pulldown bar for this exercise.
- 2) Grip the straight bar with an under grip (palms facing up). Perform the movement as stated above.

### **F. Warning Tips.**

- 1) **Do not** let your shoulders rise up as you raise the bar up.
- 2) Failure to do so can result in serious injury to your shoulders.
- 3) **Do not** rock up and down as you raise and lower the bar. Failure to do so can result in serious injury to your shoulders, elbows biceps and back.
- 4) **Do not** raise the bar any faster than **2** to **3** seconds. You must be in control at all times when performing this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.