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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## **Exercise The Right Way – The Lat Pulldown**

**By Rick Mitchell**

### **Exercise The Right Way – The Lat Pulldown by Rick Mitchell**

In this article we'll take a close look at the lat pulldown using a machine.

MUSCLES TARGETED: latissimus dorsi, teres major, middle trapezius, rhomboids

PREPARATION

STARTING POSITION

DOWNWARD MOVEMENT

UPWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

### **One Simple Movement Can Double the Effectiveness of Pulldowns**

**By Nick Nilsson**

This little movement trick can change all of that.

<http://www.thebestexercises.com>

or visit

## Exercise The Right Way – The Lat Pulldown

<http://www.fitstep.com>

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or subscribe to BetterU News, his fitness newsletter at

[betterunews@fitstep.com](mailto:betterunews@fitstep.com)

One Simple Movement Can Double the Effectiveness of Pulldowns

Programming Brief: Exercise Order

Machine Exercises That Suit Beginners

A 30–minute, Or Less, Full Body Workout

Know Your Muscle Building Exercises – The Back

Control your Headache!

Gag Gifting.

Competition Commando

Software Empire

The Forum List



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