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

By Nick Nilsson

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The Pulldown is an excellent exercise for working the Latissimus Dorsi muscles of the back (also known as the lats). It is a little known fact but there is a way you can dramatically improve the effectiveness of this exercise by performing one simple movement before each rep.

Many people have a hard time feeling their lats working when they do pulldowns. The biceps may have a tendency to take over the movement. Some people just don't feel anything in their back at all.

This little movement trick can change all of that.

The movement is simply a shoulder drop and even though it may seem like a SMALL thing, it can have a HUGE impact on your back workout.

To demonstrate this movement, start by sitting in a pulldown machine with a moderate weight on the stack. Take a close grip on the bar with your palms facing you (known as a reverse grip). Do a few reps using your normal technique so you have a gauge to measure against.

Now we will add the shoulder drop. Let your arms go straight and let your shoulder girdle rise up as though shrugging. Your shoulders should be up by your ears. Now drop your shoulder girdle down in the opposite movement to the shrug, pulling the weight down as you do so. The range of motion is small, being only a matter of a few inches. Repeat this drop and raise several times to get the feel for the movement. You should feel your entire shoulder girdle moving up and down.

We will now do a rep with the shoulder drop movement. Start in the stretched position with your shoulders up by your ears. Drop your shoulders down, lean slightly back then do a pulldown. Be sure to keep your lower back arched and your chest puffed out to meet the bar on the way down. You should feel your lats working harder than usual.

## One Simple Movement Can Double the Effectiveness of Pulldowns

Squeeze hard as though trying to touch your shoulder blades together as you come to the bottom then let the weight back up slowly. You can repeat the shoulder drop movement at the start of every rep or you can simply keep your shoulders down and locked in that position throughout the set.

Dropping your shoulders down like this serves to lock the lats into the movement and helps to minimize the biceps involvement in the pulldown. You should find that you get a much more effective lat workout using this technique.

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

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## **Know Your Muscle Building Exercises – The Back**

**By Rick Mitchell**

### **Know Your Muscle Building Exercises – The Back by Rick Mitchell**

Every bodybuilder and weight trainer will have his or her favorite exercises for each body part. That's how it should be – as you progress through the various stages of learning you'll understand what works best for you. It is useful, however, to take stock of your progress every so often and carry out an analysis of where you are and what changes, if any, are needed to move onwards and upwards.

Part of this analysis should include an assessment of the core exercises that make up your bodybuilding training program. In this article we'll look at the back exercises that have proven their worth to serious bodybuilders for many years. Where appropriate a series of exercises suitable for achieving pre-exhaustion will be presented. All exercises should be performed to failure with one set of six to eight reps.

1. Lat machine pulldowns – this exercise has been chosen because it allows you to isolate the lats and rest the biceps for the compound exercise to follow.

- Take a shoulder width grip.
- Pull arms towards the thighs keeping the arms straight.
- Pause.

## One Simple Movement Can Double the Effectiveness of Pulldowns

- Return the bar slowly to the starting position.

2. Pulldowns – you can move straight on to this exercise if you are sufficiently experienced. Using the same machine, take an under hand grip because this will make better use of biceps strength thus maximizing the effects of the workout.

- Take a shoulder width grip.

- Pull bar to the chest area.

- Pause.

- Return the bar slowly to the starting position.

Richard Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

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more about the issues covered in this article.

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