

DAY 4

- A. Latissimus Dorsi (Pulldown - machine)
1. Adjust seat so that the elbows will go through a complete range of motion
 2. Adjust leg supports to the top position.
 3. Grab the handles with palms up, pull down without flexing arms until comfortably seated with legs in position. Knee the leg support to allow it to come down on the legs and hold them in position.
 4. Pull handles down in a complete range of motion so that the elbows pass beside and behind torso. Return to starting position under control.
 5. Keep momentum to a minimum.
 6. Do not spot.
- B. Latissimus Dorsi, Biceps (Pulldown - Multi Unit)
1. Adjust seat so that legs are snug against pads when as close to the machine as possible.
 2. Grab handle, bend head forward, pull bar down to base of head, or under chin, return to starting position, and repeat.
 3. Do not jerk bar or let body weight assist you.
 4. To spot, help lifter pull bar down from behind.
- C. Chin-ups (parallel, supinated, pronated grips)
1. Grasp the bar with either a parallel grip (palms facing each other), supinated grip (palms facing you) or pronated grip (palms facing away).
 2. Use a full range of motion: arms straight to chin above bar (clavicle to the bar).
- D. Latissimus Dorsi (Rows - machine)
1. Adjust seat so that hands will pass along bottom of rib cage and elbows will not flex much beyond 90 degrees.
 2. Position chest pad so that at full arm extension the weight does not come to rest.
 3. While keeping chest against pad, pull handles so that hands come back to a plane in line with front of shoulders.
 4. Maintain control of weight while returning to starting position.
 5. Keep momentum to a minimum.
 6. To spot, stand behind lifter and assist in bringing elbows back.

E. Latissimus Dorsi, Biceps (Long Rows - Multi Unit)

1. Grab handle and position body so that knees are flexed, back perpendicular to floor, chest out, and shoulders back.
2. Pull bar into lower abdomen while not changing any starting position, and repeat.
3. Minimize momentum.
4. Concentrate on pulling bar all the way into body (elbows behind shoulders) without cheating.
5. To spot, stand behind lifter and assist in bringing elbows back while possibly bracing lower leg against lifters back to enforce straight back.

F. Latissimus Dorsi, Biceps (Bent Over Rows - Dumbbell)

1. If working left side, place right knee and right hand on bench so that back is parallel to the floor.
2. Place left foot about one foot behind left hip. Start with left arm holding dumbbell in front of shoulder, fully extended toward ground.
3. Bring the dumbbell to hip in a straight line without jerking it or twisting the back.
4. Return to starting position, repeat movement.
5. Do the other arm.
6. No spotting.

G. Biceps (Bicep Curls - sitting)

1. Sit on a bench, elevate leg of lifting arm by placing foot on a dumbbell.
2. Flex at waist so that entire upper arm of lifting arm is pressed against lower leg.
3. Foot should be elevated so that weight does not drag on floor at complete extension.
4. While keeping elbow-shoulder line perpendicular to floor, curl dumbbell up through full range of motion.
5. Spot with free hand.

H. Biceps (Bicep Curls - cable-standing)

1. Using either of the attachments on the side of multi-purpose unit, stand with knees flexed, elbow at side.
2. One arm at a time, curl weight using bottom attachment.
3. Be sure to pivot the movement around the elbow, but do not allow the elbow to move away from your sides.
4. Use full range of motion by bringing the arm all the way up and when returning to lower position, allow the arm to reach full extension.