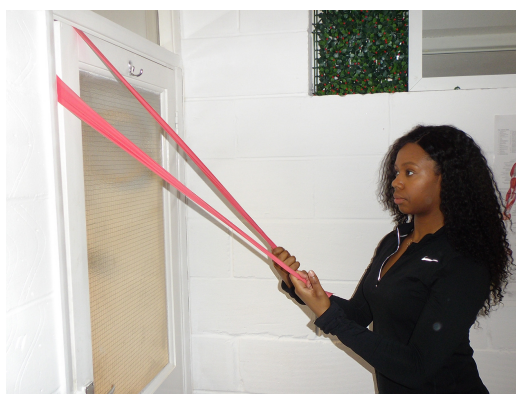


## LAT PULL DOWN

**AIM:** to strengthen the latissimus dorsi muscle, which aids shoulder retraction

**STARTING POSITION:** Place the resistance band over a door frame and shut door.

(SAFETY NOTICE: Put band in doorframe with the strongest arm & make sure door is shut firmly or locked)



Take 2 steps away for the door, holding the band with palms facing towards you.

Squeeze shoulder blades together, as if holding a pencil between shoulder blades.

**STEP 1:** Pull elbows back past the waist. You should feel a squeeze in the armpit area and in between the shoulder blades.



**STEP 2:** Slowly repeat this movement for 1 minute at your own pace. Keep checking head is pulled back, palms are facing towards you and abdomen is squeezing.

### Exercise Disclaimer

It is recommended that our exercises be carried out in conjunction with a personally prescribed treatment plan created by Tara Northey Osteopathy. If these exercises are used without professional guidance then it is at own risk.

**TARA NORTHEY OSTEOPATHY**

PHONE | 07946226629

EMAIL | [taranortheyosteopathy@gmail.com](mailto:taranortheyosteopathy@gmail.com)

WEBSITE | [www.taranortheyosteopathy.co.uk](http://www.taranortheyosteopathy.co.uk)