

What is a Lat Pulldown ?

The pulldown is a compound exercise because it requires movement at two joints (elbow and shoulder). The full range of the motion required by the exercise also works the [biceps](#) muscle in the arm and the muscles of the middle [back](#). The pulldown uses a similar motion as the [chinup](#).

Lat Pulldown - Model LB/103



The lat pulldown remains one of the most effective exercisers for concentration on the upper back development.

Could be used with a variety of grip positions.

Legend Industrial Gym Equipment Port Elizabeth.

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