

## Muscle Group: Back, Lats

### Machine Exercise: Lat Pulldown



1. Pull out the handle for adjustment of the weight



2. Pull the handle to adjust the leg pads. The pads should keep you fixed and seated throughout the exercise.



3. Hold the handles and sit down with a straight upper body.



4. Pull the bar down towards the chest while bending the arms.



## Muscle Group: Lats

### Machine Exercise: Chin Up



1. Stand in front of the machine facing the machine. Use the step and handles to stand up on the machine



2. While on the machine reach for the upper handles.



3. Lift your feet off the steps and cross your legs. Keep them hanging straight downwards.



4. Pull your whole body up while keeping a straight body posture.