Curl on Lat Machine and Mid-Thigh Clean Pull

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--- Basic ---

**Starting Position**
- Place a flat bench below lat pull-down bar.
- Grasp bar with a supinated grip of about shoulder width or narrower.

**The Exercise**
- Lie supine on the bench with the arms extended straight up.
- Pull the bar down in a semi-circular motion, slowly and under control, until it touches the chin.
- Keep upper arms perpendicular to the floor.
- Do not allow the shoulders or upper arms to move.
- Return to starting position.
using the same path, slowly and under control.
• Exhale on downward movement, inhale during upward phase.
• Repeat the movement.

_Muscles Used_
Biceps brachii, brachialis, brachioradialis.

--- Advanced ---

**Mid-Thigh Clean Pull**

**Starting Position**
- Barbell should be placed on blocks at approximately mid-thigh height.
- Position feet underneath the bar: feet should be flat and about hip width apart.
- Bar should be in contact with the mid to upper thigh, and knees and ankles should be slightly bent.
- Bend slightly forward from the hip.
- Hands grasp the bar with a pronated, clean-width grip, with arms fully extended.
- Do not contract the trapezius muscles in the starting position.

**The Exercise**
- Hook grip or pulling straps are recommended.
- Back is flat throughout the lift.

**Safety**
Make sure that the lat machine, particularly the cable, is in good working order before performing this or any other exercise on this machine.

**Variations**
The “high pull” exercise may be performed with an arm flexion at the top of the pull (after the jump and trapezius contraction phase). A power rack may be used instead of blocks.

**Safety**
This lift may be performed from the “hang,” using lighter weights than are used from blocks. Carefully absorb the initial descent of the bar and slowly lower to the starting position.

**Muscles Used**
Extensors of the legs and back, trapezius.