Straight-Arm Lat Pulldown and Push-Up on Balance Board

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— Basic —

■ Straight-Arm Lat Pulldown

Starting Position
• Stand approximately at arms length from the bar of a lat pulldown machine.
• Grasp the lat pulldown bar with a pronated grip at about shoulder width or narrower.
• Step back until the arms support the weight while extended in front, hands even with top of head.
• Elbows should be slightly flexed and rotated outward.

The Exercise
• Push bar straight down, in semi-circular motion until it touches the thighs.
• Elbows should be slightly flexed and rotated outward.
• Keep the body rigid throughout the movement.
• Return to the starting position using the same path.
• Exhale on the downward movement, inhale on the upward phase.
• Repeat the movement.

Muscles Used
Latissimus dorsi, teres major.

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Push-up on Balance Board

Starting Position
- Kneel on the floor and place hands on a balance board slightly wider than shoulder width.
- Place legs straight back, knees locked, feet together or up to 12 inches apart.
- Head should be slightly up; avoid hyperextending the neck.
- When viewed from the side, the body should be in a straight line from shoulders to ankles.

The Exercise
- Lower yourself by bending the elbows until the chest touches the balance board.
- Keep the body rigid throughout the movement.
- Return to the starting position by pushing up until the arms are fully extended.
- Inhale on the downward movement, exhale on the upward phase.
- Repeat the movement.

Muscles Used
Pectoralis major, deltoid, triceps.

Variations
Feet may be raised by placing them on a secure object to increase the load.

Safety
Keep fingers on the board. Do not place them over the side. ▲