Muscle Group: Back, Lats

Machine Exercise: Lat Pulldown

Pull out the handle for adjustment of the weight.

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

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

Pull the bar down towards the chest while bending the arms.
Muscle Group: Back, Lats

Machine Exercise: Lat Pulldown

Pull out the handle for adjustment of the weight.

Pull the handle up to adjust the seat. Raise or lower the seat until the handles can be reached with straight arms while seated.

Hold the handles with straight arms while seated. Keep your back straight while facing forward.

Pull the handles down while bending the arms. Try to align the handles with the shoulders or touch your body with your elbows.
Muscle Group: Upper Back

Machine Exercise: Seated Row

- Pull out the handle for adjustment of the weight.
- Pull the handle up to adjust the seat. Move the seat so that the handles are aligned with the shoulders.
- Pull the handle to adjust the chest pad. Move the pad so your arms can just reach the handles.

- Hold the handles with both arms. Keep the back straight with both feet on the ground.
- Pull the handles backwards by bending the arms and squeezing your shoulder blades together.
Muscle Group: Lats

Machine Exercise: Chin Up

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

While on the machine reach for the upper handles.

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

Pull your whole body up while keeping a straight body posture.
Muscle Group: Upper Back

Machine Exercise: Bent Row

Add or remove weight plates for exercise.

Step on the machine with each foot on a platform.

Squat down and hold the handles.

Pull the weight up a bit using the legs, while keeping the back and arms straight.

Pull the weight up towards the chest, keeping the back straight.
Muscle Group: Upper Back

Free Weight Exercise

One-Arm Dumbbell Row

Place the right leg on top of the end of the bench, bend your torso forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support.

Pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso straight. Concentrate on squeezing the back muscles so that the force is performed with the back muscles and not the arms.

Bent Over Barbell Row

Holding a barbell with a pronated grip (palms facing down), bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Keep the head up.

While keeping the torso stationary, breathe out and lift the barbell to you. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause.