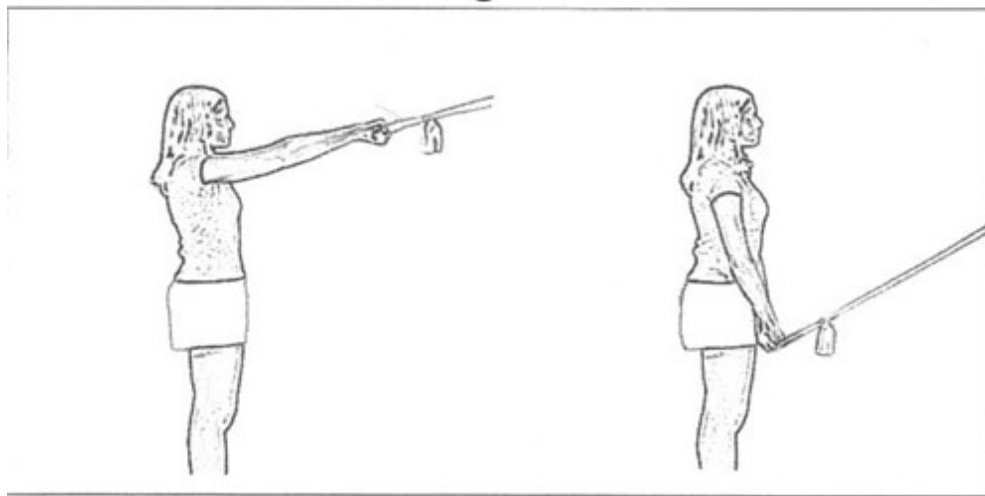




# Perfect Fit Personal Training<sup>SM</sup> & Get Fit Boot Camp<sup>SM</sup>

## Lat Pulldown Straight Arm - bands



### Lat Pull down Straight Arm with Resistance Band

#### Key Points:

1. Keep your back straight.
2. Do not let the band pull you forward.
3. Make all movements in a slow, controlled manner

#### Instructions:

1. Attach flexible band over top of door or use assist strap to attach to door or foot.
2. Stand upright facing the door and grab the end of the flexible band with both hands, arms straight, hold hands about head height.
3. Keeping your arms and back straight, pull arms down until they are in front of thighs.
4. Slowly return to the starting position.