Assisted Pull-up

Select desired weight. Since this is an assisted pull-up machine choose more weight to make the exercise easier and less weight to make the exercise more difficult. Grasp the handlebars and place your knees on the knee pads as shown.

Exhale and pull your body upward. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release back to the starting position.

Trapezius

Latissimus Dorsi

Biceps