Cybex Lat Pull

Select weight. Adjust the height of the pads on the thigh rest so they are resting on your legs as shown. Place your hands slightly wider than shoulder width apart on the bar. Extend your arms overhead and lean back slightly from your hips.

Exhale and pull the bar to touch the top of your chest. Pause briefly and squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back to the starting position.