

Level One: Signature Pulldown

The signature series lat pulldown offers the entry user the ability to practice the correct sequence of activation. For example, setting of the scapula and also if you lack a bit of pelvic control (poor glute strength) then these can be addressed whilst still getting the movement strength. The increments allows for simple load progressions.

Teaching Points

- Adjust the seat so thighs are secured by the thigh pad and you can just about reach the handles
- Face into the machine, take an overhand grip whilst standing, 1 ½ to 2 times shoulder width apart
- Sit down into the seat holding onto handles
- Retract shoulder blades, engage core and maintain neutral spine
- Pull the bar down until the handles are just above the shoulder level
- Lead the movement with the elbows, squeezing the shoulder blades together
- Return to the start position keeping a slight gap between the weight stacks



Target Muscles

Primary Muscles: latissimus dorsi, rhomboids, brachialis, brachioradialis.

Secondary Muscles: pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus.



Be aware of: flexion of the core, not retracting the shoulder blades at the start of the movement, speed of movement returning the weights to the start, spinal alignment.

Level Two: MTS High Pull

The MTS offers the user the added demand of uni-lateral which will place extra work on the torso to stabilise against rotational forces. The exercise is ideal for imbalances caused by injury or dominant one sided activity. For example, racket sports.



Target Muscles

Primary Muscles: latissimus dorsi, rhomboids, brachialis, brachioradialis.

Secondary Muscles: pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus.

Teaching Points

- Adjust the seat so you can just about reach the handles
- Keeping the core engaged, spine neutral, take hold of the handles with an overhand grip
- Set the shoulder blades
- Keeping the chest against the pads, pull back, leading with the elbows, until your hands are just in front of the body
- The neck should stay facing forwards, maintaining spinal alignment
- Return the weight to start, leaving a slight gap between the weight stacks to maintain tension in the muscle being worked

Be aware of: flexion of the core, not retracting the shoulder blades at the start of the movement, speed of movement returning the weights to the start, spinal alignment, chest against the pad throughout the movement.



Level Three: Half Kneeling Cable High Pull

The half kneeling high pull is a progression due to the exercise now being user-defined rather than machine defined. For example, you defines the movement rather than following a machine defined movement. You are required to row under control through the glutes and torso, this teaches rows without using lumbar extension.



Teaching Points

- Engage the core, keep the spine neutral
- Take hold of the handles, retract the shoulder blades
- Pull back the handles, leading with the elbows
- Pause when the elbows are just below shoulder height
- Keep the wrist and elbows aligned (elbows directly below the wrists)
- Pause and under control return to the start



Target Muscles

Primary Muscles: latissimus dorsi, rhomboids, brachialis, brachioradialis.

Secondary Muscles: pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus.

Be aware of: spinal flexion, shifting their weight forwards / backwards, leaning backwards to lift the weight, wrists not aligned with elbows.

Level Four: Assisted Chin Up

Assisted chin up is the progression from cables now that you have balance in the cable high pull action. For example, symmetrical movement. The chin up also allows for a linear progression to lifting your own body weight, it still requires pelvic control and core control.



Target Muscles

Primary Muscles: latissimus dorsi, rhomboids, brachialis, brachioradialis.

Secondary Muscles: pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus.

Teaching Points

- Select the appropriate weight for your training goal (the heavier it is the easier it is)
- Take hold with an overhand grip, arms wider than shoulder width
- Place your knees up onto the pad
- Keeping the core engaged, spine neutral
- Lower yourself until full extension through torso
- Lift back to the start position, keeping body aligned (not flexing at the core or bringing the knees up)
- Stop short of the weight stack touching and perform target number of repetitions

Be aware of: flexing the core (bringing the knees to the chest), bringing the chin to the sternum, swinging to initiate the lift, speed of eccentric movement.



Level Five: Chin Ups

Chin up incorporate all aspects of previous pulls; the exercise requires strength with stability and whole body control to perform a single repetition.



Target Muscles

Primary Muscles: latissimus dorsi, rhomboids, brachialis, brachioradialis.

Secondary Muscles: pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus.

Teaching Points

- Grip the bar with hands facing away from you, arms extended
- Looking straight ahead (or slightly up), spine neutral and core engaged
- Pull up, leading with your chest (not shoulders) until your chin is above the bar
- Control the descent back to the start, until your arms are fully extended

Be aware of: bringing the chin to the sternum, swinging to initiate the lift, speed of eccentric movement.

