

Training Time With John & Kristen

Stanly County Family YMCA *Helping People Grow In Spirit, Mind And Body*



NITRO PLUS
LAT PULLDOWN



1. Adjust seat to just reach handles.
2. Secure thighs, reach overhead and grasp handles.



3. Pull handles to chest, keeping shoulders back throughout exercise.
4. Pause, return slowly to starting position and repeat.

