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## Lateral lat pulldown

Single arm lateral lat pulldown. Iso lateral front lat pulldown sideways. Lat pulldown superset with side lateral raises. Iso lateral front lat pulldown. Iso lateral lat pulldown. Iso-lateral chest press and lat pulldown combo. Iso lateral lat pulldown alternative. Iso-lateral front lat pulldown muscles.

Report this announcement, is widely speculated that the world of suitable became quite subjective in terms of posture, efficiency and how to run certain exercises. But an exercise, in particular, that represents an increasingly popular debate is to perform the Pulldown Lat exercise in front or behind the head. Generally done in a cable column, the Pulldown Lat exercise mainly stimulates the latissimus dorsi, a large posterior and lateral muscle set to the body and perceived as a prominent "muscle", in addition to triggering the biceps to help in biceps movement. In relation to biomechanical, the position of the head and the rotator cuff by pulling the bar to the body is crucial for safety. "When the pulsed bars are made behind the head, it is often necessary to flex the cervical spine to remove the head of the bar and avoid striking the head with the bar - said Dr. Brian Goslin, Director and Associate Professor of the Exercise Program Sciences at the University of Oakland. "This can put shear stress on the cervical spine. Comparison with the fulfillment of Pulldowns Lating in front of the head, the cervical spine can be kept in the neutral position, avoiding a lot of tension placed in the vertebrae when performing the movement. But and as a position of the rotating fists, or shoulders, in any aspect? "further, the filled of the lat behind the head places the joint of the shoulder in a position Exterior external rotation "said Goslin. The mothers of the rotator cuff that are responsible

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