

Figure 4 Pull down: (a) start position and (b) end position.

Pull downs

Purpose:

This is an important exercise to improve posture so that your shoulder(s) is not rounded forward or shrugged up.

Starting position:

- _ Stand facing a pulley anchor or cable machine.
- _ Grasp the handle above you so that your arm is overhead, stand far enough away so that there is tension on the tubing/cable with an outstretched arm.
- _ Assume a “fencer’s posture” or slight lunge position with one foot in front of the other and chest up/shoulders back (the rear leg should be on the same side as the hand grasping the pulley).

Exercise:

- _ Begin by performing scapular setting—depress your shoulder blade down and back (see [Fig. 3](#)).
- _ Then allow the tension of the cable to pull your arm out of the scapular setting position (shoulder shrugged up and stretched out) (see [Fig. 3a](#)).
- _ Perform the scapular setting movement again against the resistance of the cable (see [Fig. 3b](#)).

_ Then while maintaining the scapula down and back perform short-range straight arm pulldowns.

Fine tuning:

_ If it is difficult to avoid shoulder shrugging, experiment with different heights for the anchor (just above shoulder height is often the easiest).

_ Progress the exercise by letting your elbow bend and bringing your arm all the way back and down (see [Fig. 4](#)). Be sure to maintain the scapular setting position (down and back).

_ The most important error to avoid with this exercise is shoulder shrugging (see [Fig. 5](#)).

_ Try this same exercise from a kneeling position.



Figure 3 Scapular setting: (a) shrug shoulder and (b) depress shoulder.

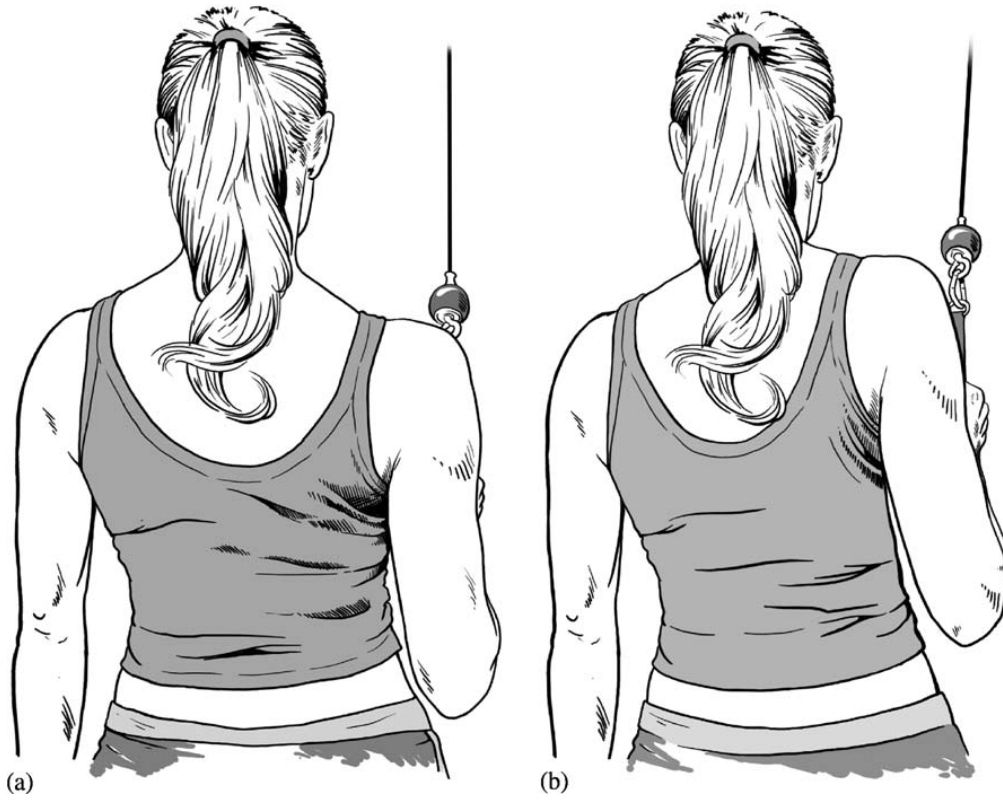


Figure 5 Shoulder blade position: (a) correct and (b) incorrect.