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Spanning the entirety of the back, the lats are a crucial component of any individuals physique. They not only contribute to the general appearance of width in the upper body, but are also responsible for movement relating to the scapula and shoulder joints. With such a large and versatile muscle, its no wonder that quite a number of exercises have
been developed to specifically target the latissimus dorsi. Regardless of whether youve got access to a gym, only a few resistance bands or no equipment at all - this article will comprehensively list the most effective lat exercises and how to perform them. The latissimus dorsi or simply lats is a wide and flat muscle spanning across much of the mid
and upper back. It is most prominent when contracted out to the sides, creating the appearance of wings as the muscle is occasionally referred to. The lats are considered to be a pull muscle, and are primarily trained with exercises that involve adduction of the scapula and stabilization of the shoulder joint. Picking the right
exercise to train your lats is as simple as accounting for what equipment you have available and deciding how difficult you need the exercises of a
higher intensity will target numerous muscles simultaneously, and make use of significantly heavier amounts of weight. If youre a calisthenics athlete or are simply away from the gym, picking one of the following bodyweight lat exercises is your best bet. Pull-ups are the very definition of a bodyweight lat exercise, as much of the force required to
perform it is derived from the muscles of the mid-back. The pull-up is a compound exercise of moderate-to-high intensity performed by athletes, bodyweight fitness enthusiasts and weightlifters alike for the purposes of building their back musculature. Pull-ups will target the infraspinatus, teres, trapezius, posterior deltoid head and biceps alongside
the lats. This particular exercise will require a pull-up bar or similar overhead handle. Pull-ups are excellent for building wider lats without the need for resistance training machines or free weight equipment. Because the exerciser will be lifting the entirety of their own bodys weight with each repetition, most individuals will find that the pull-up
provides excellent training stimulus without the need for high volume that is characteristic of other bodyweight exercises. To perform a repetition of the pull-up, the exerciser will grip an overhead bar with their palms facing away from the torso, hands set slightly wider than shoulder-width apart. Then, ensuring the feet are off the ground and the
arms fully extended overhead, the exerciser will contract their back and core muscles as they do so, with the lower body remaining as stationary as possible. Once the bar is beneath their chin, the exerciser will lower themselves back down so as to complete the repetition. Chin-ups are the
more arm-focused counterpart to the pull-up. Despite the fact that they feature far more biceps brachii recruitment than the pull-up, the chin-up is a multi-joint calisthenics exercise performed for the purposes of building muscle mass in the latissimus dorsi, trapezius, biceps
brachii, rhomboids, teres muscles and the posterior deltoid head. Chin-ups will require a pull-up bar or similar object. Chin-ups allow for equal distribution of force throughout the upper bodys pull muscles. While they arent quite as effective at targeting the lats as pull-ups, they make up for it by being somewhat easier to perform - thereby allowing
for greater training volume to be achieved. Suspending themselves from an overhead bar with the core contracted, the palms facing inwards and pull their torso towards the bar. The lower body should remain stationary as they do so. Once the bar is beneath the exercisers
chin, they will slowly reverse the motion until they have returned to their original starting position - thereby completing the repetition. Inverted rows are a bodyweight compound movement often preferred over the pull-up due to its relatively lower intensity and greater capacity for volume. This makes it the perfect calisthenics exercise for building
endurance and mass in the lats. Like other back-focused compound movements, inverted rows target the lats, trapezius, rhomboids, teres muscles, posterior deltoid head and the biceps brachii. Inverted rows require a racked barbell (or similar type of bar) elevated several feet off the floor. Enough space should be present for the exerciser to fully
extend their arms beneath it without their back touching the ground. Inverted rows are the perfect alternative to pull-ups for individuals who cannot perform them, or otherwise wish to maximize the amount of bodyweight training volume they place on their lats. In addition, inverted rows are excellent for building up the necessary strength and
mechanical familiarity for performing heavier horizontal pulling exercises. Positioning the mselves beneath the bar, the exerciser will grip the bar with the palms facing inwards and the arms fully extended. The legs should be extended across the floor, and the core contracted so as to straighten the body. Beginning the repetition, the exerciser will
contract the muscles of their back as they pull their chest towards the bar, bending free weight lat exercises are a
good place to start. Occasionally referred to as simply dumbbell rows, the one-arm dumbbell rows, the one-arm dumbbell row is perhaps one of the most accessible dumbbell row is perhaps one of the most accessible dumbbell row is perhaps one of the most accessible dumbbell row is perhaps one of the most accessible dumbbell row is perhaps one of the most accessible dumbbell row.
performed with the exerciser leaning forward at the hips so as to maximize range of motion, and is otherwise programmed frequently as a secondary compound exercise bench, dumbbell rack or other sturdy object may also be used to support
the torso with the opposite arm. Single-arm dumbbell rows are excellent for unilaterally targeting the muscles of the upper and mid back. As a horizontal pulling exercise, they are particularly effective at working the lats in a fashion that emphasizes time under tension. Moreover, the dumbbell row is simple enough to make it accessible for even
complete novices to weightlifting. Standing with the feet set a stable distance apart and a dumbbell held in one hand, the lifter will bend at the hips and contract their core so as to keep the back straight and stable. With the dumbbell upwards. There will be distance apart and a dumbbell held in one hand, the lifter will bend at the hips and contract their core so as to keep the back straight and stable. With the dumbbell upwards. There will be distance apart and a dumbbell upwards.
elbow should remain close to the sides of the torso, with the shoulder blades retracting alongside. Once the apex of the movement is reached, the lifter will simply reverse the motion and return the dumbbell back to its original position beneath their torso - thereby completing the repetition. The very definition of an effective back-building exercise,
the barbell bent-over row combines heavy amounts of weight with a large-scale muscular recruitment pattern to build significant mass throughout the back. Barbell bent-over rows are considered to be a compound horizontal pulling exercise, and are most often performed for moderate volume and high resistance so as to target the lats, trapezius,
biceps and many other muscles found in the mid-back. Barbell bent-over rows will require a barbell and set of weight plates. Barbell rows are perhaps one of the heaviest lat exercises one can perform, and are excellent for building not only back thickness, but also general pulling strength. In addition, bent-over barbell rows are an excellent entry into
more advanced barbell rowing exercises such as the Pendlay row or the t-bar row. Standing with the feet shoulder-width apart and a loaded barbell held in a double overhand grip, the lifter will bend slightly at the knees and hinge their elbows
behind their torso while keeping them relatively close at the sides - following suit with their shoulder blades. Once the barbell touches the torso, they will slowly reverse the motion in a slow and controlled manner. Kettlebell pullovers are unique in the way that they target the muscles of the latissimus dorsi, teres major and the chest muscles. In
technical terms, they are considered to be a compound exercise most often performed as an accessory movement for low resistance and high volume. As the name implies, kettlebell pullovers are excellent for targeting the lats in a unique range of motion - as well as acting as an accessory exercise for
working both sides of the upper torso simultaneously. Lying flat on a bench with a kettlebell backwards until it is behind their head. From this point, the exerciser will flex their lats and pectorals so as to draw the kettlebell back over their body to its
original position - thereby completing the repetition. For self-stabilizing resistance and greater versatility, try out the following machine lat exercises. Lat pulldowns are a vertical pulling compound movement distinctly similar in mechanics to the pull-up. Theyre noted for being particularly effective for building the width of the back by emphasizing the
lats - but will also target the biceps, posterior deltoid head, mid-trapezius and other nearby muscle groups. Lat pulldown is considered to be one of the most effective machine-based exercises for targeting the lats, as it features similar mechanics to the pull-up
but is not limited by factors like grip strength or the lifter sodyweight being too heavy. Sitting in the machine, they will lean slightly back as they pull the bar towards their chest, squeezing their scapula together and
drawing the elbows to the sides of the torso. Once the bar is beneath the chin, the lifter will slowly reverse the motion so as to build thickness and strength in the back - the cable row is yet another excellent lat-dominant exercise employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilders and strength in the back - the cable row is yet another execute employed by bodybuilder
athletes alike as a primary compound exercise. Cable rows will require a cable machine. Cable rows target the lats with self-stabilizing resistance and are particularly effective for building thickness and strength therein. Its machine-based nature makes it easy to modify for whatever role or training needs that the lifter may have. Standing facing a
cable machine with the handle held in a pronated grip with both hands at arm's length, the lifter will contract the muscles of their back and draw their elbows behind their torso while keeping them close to the sides. Once the bar is within several inches of touching the torso, the lifter will simply reverse the motion in a slow and controlled manner -
thereby completing the repetition. Whether for the purposes of warming up or for emphasis on time under tension, the following resistance band lat exercises are the perfect choice. A variation of the standard rowing exercise performed with the use of a resistance band lat exercises are the perfect choice. A variation of the standard rowing exercise performed with the use of a resistance band lat exercises are the perfect choice. A variation of the standard rowing exercise performed with the use of a resistance band lat exercises are the perfect choice.
without the need for expensive equipment or an increased risk of injury. Resistance band rows target much the same muscles as other row exercises. That is to say, the lats, trapezius, biceps brachii, posterior deltoid head, rhomboids and other muscles located along the back. As you may guess, this particular exercise needs a resistance band of low or
moderate resistance. Resistance band back rows are the perfect lat exercise for non-training purposes such as warming up and stretching, as well as for achieving greater endurance and stability. Wrapping one end of the resistance band around their feet, the exerciser will stand upright with the opposite end of the band held in an overhand grip with
both hands. Ensuring the band has sufficient tension, the exerciser will slowly return their arms back to a state of
full extension - thereby completing the repetition. For those without access to a cable machine - performing the lat pulldown can be as simple as wrapping one end of a resistance band overhead. This particular lat exercise is excellent for emphasizing the lats at home, and is classified as a multi-joint vertical pulling exercise. Resistance band lat
pulldowns will require a resistance band and a tall object with which to fix one end of the band. Like machine lat pulldowns, band lat pulldowns are excellent for targeting the muscles of the middle and upper back with a lengthy time under tension and high volume - all with the benefit of a large range of motion that builds the width of the lats
particularly well. With the resistance band anchored to a stable point overhead, the exerciser will grip the opposite end in both hands - of which should be in a pronated orientation. Taking a step back so as to create tension in the band, the exerciser will lift their chest, engage their core and allow the resistance of the band to extend their arms before
them. From this position, the exerciser will contract the muscles of their back, squeezing their shoulder blades together as they draw their elbows are parallel to the sides of the torso, they will reverse the motion in a slow and controlled manner so as to complete the repetition. Although this article has listed the
most popular lat exercises - they are not the only choices available. If you find that your chosen back exercise doesnt quite fit, we suggest trying out certain variations of the same exercise, or picking a new one entirely. Regardless of what exercise youve picked, remember to focus on high-quality repetitions with proper form, and to consult a medical
professional prior to engaging in an intense training plan. References 1 Schuler, Lou., Mejia, Michael. Pp. 167 Upper Back The Men's Health Home Workout Bible: Over 400 Exercises No Gym Required. United States: Harmony/Rodale, 2002. 2 English, Tyler. Men's Health Natural Bodybuilding Bible: A Complete 24-Week Program For Sculpting
Muscles That Show. United States: Rodale, 2013. Your back includes some of the anatomy's largest muscles, used daily to support your spine and body. These muscles also comprise some of the core muscles, particularly the latissimus dorsi muscles, commonly referred to as lats. The latissimus dorsi are located on either side of your back and travel
from the back of the shoulder down to the hips. The lat muscles are involved in pulling motions, like pulling or rowing motion. The following exercises show various ways to work the lats using dumbbells and resistance bands. You can typically
use heavier weights for latissimus dorsi exercises, as these are the largest muscles in your back. Put together your own latissimus dorsi exercises and perform 1-2 sets of 12-16 reps. Good options include one-arm dumbbell rows and seated rows using a resistance band. Choose 2-4 different
exercises. For example, a dumbbell row followed by a barbell row and a straight arm pull. Try a variety of moves with different types of equipment to work your muscles in a different way. Go for 2-3 sets of 8-12 reps, resting between sets. Make a complete back workout by including exercises for your upper back and lower back. Use enough weight or
resistance that you can complete the desired number of reps. Don't perform back exercises, seek guidance from a personal trainer. It is a misconception that there are exercises you can do to target your upper, mid, or lower lats. The latissimus
dorsi are a pair of large muscles, one on either side of your middle to lower back. They work as a unit, so any movement you perform that relies on your lats will use the entire muscle. In other words, you cannot isolate your upper, lower, and mid lats. Below you will find descriptions and instructions for the following lat exercises: One-arm row on one
legLat pulls with bandsBarbell rowsDumbbell rowsDumbbell rowsDumbbell rowsDumbbell rowsOne-arm rowsSeated rows with bandsAlternating dumbbell rowsStraight arm pullsBarbell pulloversCompound row 1 Caiaimage/Trevor Adeline / Getty Images Doing a row
on one leg adds a balance challenge, so you'll probably use a lighter weight to the floor as you lift the left leg straight up. Your body should be in a straight line from head to heel. Hold onto a wall for balance if you need to. From this position, pull the elbow up into
a row and slowly lower down. If you feel shaky, take the leg down and rest lightly on the toes, keeping most of the weight in the front leg. Repeat for 12-16 reps on each side. 2 Wavebreakmedia Ltd / Getty Images The lat pull with bands resembles the lat pull machine at the gym. Hold the band overhead and squeeze your back to pull the elbows
toward the rib cage. Make it more challenging by holding the band with your hands closer together. You can also do this exercise one arm at a time for a more targeted move. Repeat for 12-16 reps. 3 Bojan656 / Getty Images While dumbbells allow you to work each side individually, a barbell allows you to lift a heavier weight than you would with
separate weights. To start, hold the barbell with palms facing your body and hinge at the hips until your torso is at about a 45-degree angle. Keep your back to pull the barbell toward your back, take the bar straight out, and squeeze your back to pull the barbell toward your back, take the bar straight out, and squeeze your back to pull the barbell toward your back, take the bar straight out, and squeeze your back to pull the barbell toward your back
your palms out as in a biceps curl. 4 Pullovers are a great exercise because they work multiple muscle groups simultaneouslythe lats, the chest, and the triceps. If you do them on the ball, you also engage your lower body and core. To start, get into a bridge position holding a weight straight overhead. If you're new to this latissimus dorsi exercise,
start with a lighter weight. Keeping the arms straight and elbows slightly bent, lower the weight back to start, repeating for 12-16 reps. 5 The renegade row involves quite a bit of core, as well as the lower body, increasing muscular coordination
and dynamic flexibility. To start, get into a plank position on your hands and toes or knees. Hold onto two dumbbells with palms facing each other. If this bothers your hands, try just one at a time. Holding the plank position, alternate rowing each other. If this bothers your hands and toes or knees, keeping the knees directly
under the hips and the hands under the shoulders. 6 No list of back exercises would be complete without pull-ups, arguably the toughest back exercise because you're lifting your body weight off the ground. If you're new to pull-ups, there are ways to modify to move and slowly build strength to lift your entire body. Start by putting a chair or sturdy
stool under the pull-up bar. With hands wider than shoulders, prop one foot (or both feet if needed) on the chair and use that leverage to pull your body up. Lower and repeat for 8 or more reps. Use a chair to pull yourself up into position and slowly lower yourself without the chair. These are called negatives, which are a great way to build upper body
strength. 7 For this latissimus dorsi exercise, hinge from the hips, keeping the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged. The weights (which should be on the heavy side) hang down, and you squeeze the back flat and the core engaged.
stop just above the torso level. Because you're bent over with weights hanging down, your lower back with one hand on the other
leg, unlike the double-arm rows. For this latissimus dorsi exercise, engage your lats as you pull the elbows to the torso level. At the top, squeeze the shoulder blades together to get more muscles involved. Lower the weight and repeat for 12-16 reps per side. 9 Resistance bands can change the entire rowing exercise. Bands give you resistance
throughout the movement, so your muscle fibers will fire differently. Perform this latissimus dorsi exercise standing or sitting. Wrap a band around a sturdy object in front of you and hold the handles in each hand. Move back far enough that you have a challenging tension in the band. Keeping the shoulders down, squeeze the back to row the elbows
in, stopping at torso level. Release and repeat for 12-16 reps. 10 For this move, loop the band under both feet and grab onto the band closer to the floor (or as close as you can get), pull the elbows into a row, stopping at the
torso level. This move complements dumbbell rows, adding a different type of intensity to the latissimus dorsi exercise. Repeat for 12-16 reps. This move is also great with tempo changes. For example, start with 8 rows and then, keeping the elbows at the top of the movement, do 8 small and slow pulses to increase your time under tension. 11 This
advanced exercise hits two birds with one stone. The plank activates the abs, lower back, and lower body. Adding a row means you work the core even moresince you're balancing the body on one hand while also working the lats. Start with a plank position on the hands and toes with wide feet. For a modification, do this move on the knees. Hold a
kettlebell or a dumbbell and pull the elbow into a row. Lower and repeat for 12-16 reps while holding the plank. Take a break and switch sides. 12 Combining weights with resistance bands is a great way to add even more intensity to your latissimus dorsi workout. To start, loop the band under your feet and then wrap each side of the band around a
This activates a bit more core and allows you to concentrate on one arm at a time. To start, hinge at the hips and keep the back flat. Slowly bend the right elbow, pulling it up to the torso level. Lower and then lift the left elbow into a row. Alternate, taking your time with each rep for 12-16 reps. 14 This latissimus dorsi exercise targets the back and
triceps. Balancing on the ball means your lower back and legs work to stabilize your body. To do this, anchor a band around a sturdy object and position yourself with the ball under the torso. Make sure you're far enough away from the band. Start with the arms straight out in front of you and, keeping them straight, pull
together just over the ribcage. Keeping elbows bent, lift the weight and take the arms back behind the head. Squeeze the back to pull the barbell back to start, and repeat for 12-16 reps. 16 This dynamic move works the lats and the lower back, glutes, and hamstrings. Wrap a band around a sturdy object in front of you and step back until you feel the
in. In this article, we have compiled the 14 absolute best lat exercises for you (plus bodyweight lat exercises you can do at home). Moreover, we are going to explain literally everything that you need to know about developing your lats to their fullest potential. Table of Contents: What Is The Latissimus Dorsi? Anatomy Of The Latissimus Dorsi Muscles 14.
Your latissimus dorsi, more commonly referred to as the lats, is a big, flat, triangularly-shaped muscle that covers the width of your middle and lower back. You, of course, have two latis, one on each side of your spine. The word latissimus dorsi comes from Latin, with latissimus meaning broadest and dorsum meaning back. The name perfectly
describes the muscle. It is the largest and broadest muscle in your entire upper body. When people say build back width, they are referring to the latissimus dorsi arises from the spine (T7 all the way
right in the center-middle part of your back. Function of the latissimus dorsi is adduction, horizontal abduction, and extension, as well as internal rotation of the latissimus dorsi is adduction of the latissimus dorsi is adduction, horizontal abduction, and extension, as well as internal rotation of the latissimus dorsi is adduction, horizontal abduction, horizontal abduction of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction of the latissimus dorsi is adduction of the latis is adduction
from the side (i.e. wide grip pull ups)Horizontal Abduction: Moving your arms out to the side (i.e. rows)Extension: Lowering your arm towards the midline of your body (i.e. arm wrestling)Its a super strong muscle that facilitates movements of
brachii, and other shoulder and scapular stabilizer muscles. Moreover, most compound movements of the lats involve elbow flexion, which means the biceps and forearms will be involved (which is why back and biceps are so often worked on the same day by bodybuilders). As such, there is no way to completely isolate the lats. Upper, Middle, Lower and biceps are so often worked on the same day by bodybuilders).
Lats:While the latissimus dorsi is a single muscle and the entire latissimus dorsi is at the greatest advantage (and thus activated the most). This is why the lats are often broken down into three parts in fitness, the upper, middle and lower lats. The
based on each of these types of actions is important for full and equal development of your lats as a whole. All in all, your lats are a very big and strong muscle that is involved in pretty much every pulling exercise (to some degree
often a high degree) and even pushing exercises. 14 BEST LATISSIMUS DORSI EXERCISESThere is an endless assortment ofmoves you can do to build your back and lats. But, these exercises by vertical pulls, horizontal pulls, and shoulder extension
your lats purely with bodyweight exercises, skip through these 14 latissimus dorsi gym exercises. VERTICAL PULLSVertical pulls in relation to your torso. The three main types of vertical pulls are pull ups, chin ups, and lat pulldowns. All vertical pulls emphasize the lats, which is why we are starting here. While
vertical pulls are categorized by pull ups, chin ups, and pulldowns, different grips and equipment can be used, which is not just redundancy.1. Wide Grip Pull Up: The wide grip overhand pull up is the hardest pull up variation you can do. Moreover, it
hones in very well on the lats. Essentially, the wider your grip, the less help your lats get help from other muscles, including your biceps and forearms. Its about as isolated as a lat exercise is going to get. In terms of the lat itself, because the movements primary action isshoulder adduction, the upper region of the lats will be activated most. Form
Tips:Dont go too wide, your arms should make a Y from the starting, hanging position. And if this is too hard, bring your hands in closer, you will still get great lat activation. Be sure to keep your core engaged. Glutes too! From a dead hang, draw you scapula down and together, which will raise your body slightly. THEN, pull yourself up by pushing
your elbows down toward your body. Stop when your chin is above the bar and your chest is as close to the bar as possible. Dont lose your form at the top by letting your shoulders round forward. Your head should remain straight forward at all times. Use a full range of motion each rep for best results and lat development (go all the way down and all
the way up!)Weighted Pull UpsWhen you are able to do 3-4 sets for 10-12 reps of wide grip pull ups, its time to add some weight. Use a dip belt and connect a plate (start light) and repeat. Weighted pull ups is a must if you want to keep
progression rolling. Its far better than doing countless reps with just your bodyweight. Related: Pull Up Alternatives 2. Close Grip Chin Up: Unlike the wide grip pull up, the close grip chin up is more of an all around back exercise, as well as your arms, are going to be able to help power the movement. That said, we love the
close grip chin up because it is different. With a close grip chin up, the movement involves more shoulder extension, which means your lower lats (and mid lats) are going to be activated to a higher degree. Form Tips: Position your shoulders are
packed down and away from your ears (at all times) then pull yourself up until your chest touches the bar. Hold the top position if you can for a moment, then slowly lower yourself down to a full hang. Really feel your lats squeezing as your pull yourself up until your chest touches the bar. Hold the top position if you can for a moment, then slowly lower yourself up. Weighted Chin UpsJust like pull ups, when you can for a moment, then you can for a moment of the formatting the your can for a moment.
add weight. Try to use a weight that brings your down to 5-6 reps then work your way up to 10-12 reps before increasing the weight more. The same form rules apply when weight is added, no cheat reps!Related: Pull Ups vs Chin Ups - Muscles WorkedAssisted Pull Ups & Chin UpsFor beginners who cant do pull ups (or not enough for adequate
volume), there are two ways that you can do pull ups. You can use a pull up assist machine or bands. Alternatively, you can use the dead hang to build upper body strength before moving on to a full-fledged pull up. With a pull up assist machine, test out the weight assistance you need for 6-12 reps to failure. Then, as you progress, slowly lower the
amount of assistance. Eventually, you will be ready to do bodyweight pull ups (and chin ups). We recommend doing pull ups and chin ups when you can do a minimum of 5 clean reps on your own. Pull up assistbands work in the same way. You can do a minimum of 5 clean reps on your own. Pull up assistbands work in the same way.
remove a band. The total resistance that a band has is the total assistance you will get. So if a band has around 80lbs of assistance, it is essentially taking 80lbs of assistance and a black band with 50lbs of
resistance at the same time, thats 85lbs of total assistance). Note: Use the same form as you would with bodyweight pull ups! Teach yourself how to move correctly right from the start. Related: Pull Up Progression Plan To Master The Pull Up3. Wide Grip Cable Lat Pulldown is the cable machinesens.
version of the wide grip pull up. It works your arms in the same way (shoulder adduction), so the emphasis is on your lats, with your upper lats receiving the greatest demand. Now, you might be wondering, why do pulldown is great in addition to pull ups. First, the
pulldown allows you to increase the volume (remember, your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion.
 them as much as possible.Lastly, pulldowns are a good option for beginners who have trouble with pull ups, as you can control the weight.Form Tips:Like a pull up, you want to keep your torso as upright as possible.Your arms should make a Y from the starting position.Your arms should be extended from the starting position, so lower the seat if
needed. You want to feel a stretch in your lats at the bottom. Start the movement by bringing your shoulder blades down and together, then push your elbows down to your side as you pulldown on the eccentric phase (the upward motion). Related: Lat
Pulldown Alternatives 4. Close Grip V-Handle Lat Pulldown: The close grip lat pull down with a v-handle puts your hands in a neutral grip and allows you to keep your elbows tucked, which means the movement involves a high degree of shoulder extension. With that, your lower lats are going to beat a greater advantage. Whats more, with this variation to be a high degree of shoulder extension. With that, your lower lats are going to beat a greater advantage. Whats more, with this variation to be a high degree of shoulder extension. With that, your lower lats are going to beat a greater advantage. Whats more, with this variation and the pull down with a v-handle puts your lower lats are going to be a high degree of shoulder extension. With that, your lower lats are going to be a high degree of shoulder extension and the puts your lower lats are going to be a high degree of shoulder extension and the puts your lower lats are going to be a high degree of shoulder extension and the puts your lower lats are going to be a high degree of shoulder extension and the puts your lower lats are going to be a high degree of shoulder extension and the puts your lower lats are going to be a high degree of shoulder extension and the puts your lower lats are going to be a high degree of shoulder extension and the puts your lower lats are going to be a high degree of should be a high degree of shou
you should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown incorporates more muscles, so it will allow you to use a heavier load, in addition to the leaning motion of your torso. Furthermore, comparing
to the traditional lat pulldown, you will have a considerably greater range of motion with this exercise for building STRONGER more mobile lats, not just bigger lats. Form Tips: Use a v-bar handle. Start with your arms fully extended and your torso upright. Brace your core and keep your head straight. Pulldown using your
lats first and foremost. Keep your focus on your lats. As you pulldown, lean back slightly. Your body should make a 30-45 angle from the eccentric phase to really maximize the effectiveness of this exercise and the stress on your lats. Close Underhand Grip Pulldown You can also get a similar effect by
using a close underhand grip with the straight pulldown bar. Plate Loaded Pulldown for different angles too, enabling you to stress different regions of your lats. This one is kind of
like a mix between a pulldown and a row.5. Cable Crossover Lat Pulldown: Whether you dont have access to alat pulldown machine or you simply want to change things up, the cable crossover machine lat pulldown is an awesome variation to hone in on your lats. The biggest difference with this variation is your grip position. Your arms are going to be
very wide and your hands will be in a neutral position. This makes it really great for your upper lats (shoulder adduction) and teres major. Not to mention your lower trapezius. Another cool thing about this exercise is how well you can squeeze and stretch your lats. You can really optimize tension with this one. Form Tips: Set up the cable crossover
machine at an appropriate height so that your arms are fully extended and you have a stretch in your lats when in the tall-kneeling position. Use stirrup handles. From the tall kneeling position with your arms fully extended in a neutral grip, brace your core and keep the tall-kneeling position fixed, then pull your elbows down and in toward your body
using your lats to power the movement. Squeeze at the bottom the screening tension. Single Arm Cable Crossover Lat Pulldown: The final lat pulldown on our list is
the single arm lat pulldown using a cable crossover machine. For this one, you are positioning your body so your working sides shoulder extension, and thus work your lower lats more. Another reason this exercise is good is that you can focus on just one side at a time, which can
help you iron out muscle imbalances and asymmetries. Moreover, you can asymmetries. Moreover, you can asymmetries and it has be working, but your back be working, but your back be working, but your glutes will too for stability purposes. Half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body
in a half-kneeling stance with your working sides shoulder in line with the pulley handle. The handle in the starting position, your arm is fully extended and you have a stretch in your lats. Use a neutral grip. Pull your arm straight down, moving your elbow in a straight path. At the end range,
your elbow should be tucked to your side. Squeeze your lat at the bottom and then slowly return it back to the starting position with your arm fully extended. HORIZONTAL PULLSHorizontal pulls involve pulling a weight toward your body. In other terms, horizontal pulls are rows, teated cable rows, t-bar rows and single
arm dumbbell rows (aka Kroc rows). There are many different types of rows and equipment that can be used to perform rows. Depending on the type of row and your grip position, you can target different muscles in your back. Obviously, we are going to focus on the rows that best hit your latissimus dorsi. 7. Underhand Bent Over Barbell Row: The bent bent dumbbell rows (aka Kroc rows). There are many different muscles in your grip position, you can target different muscles in your back.
over barbell row is the king of rows. It is the row that allows you to lift the most weight and is definitely the best option for building serious back andpulling strength, as well as packing on muscle. With bent over hand bent over hand bent over hand bent over hand serious work
torso forward so your body is just above parallel with the floor. Your spine should be straight (no arch in your hands positioned about shoulder width apart (just outside of your hips). While maintaining the bent over position, row your arms are fully flexed and to straight (no arch in your back). Pick up the barbell using an underhand grip, with your hands positioned about shoulder width apart (just outside of your hips). While maintaining the bent over position, row your arms are fully flexed and to straight (no arch in your back). Pick up the barbell using an underhand grip, with your hands positioned about should be straight (no arch in your back). Pick up the barbell using an underhand grip, with your hands positioned about should be straight (no arch in your back). Pick up the barbell using an underhand grip, with your hands positioned about should be straight (no arch in your back). Pick up the barbell using an underhand grip, with your hands positioned about should be straight (no arch in your back). Pick up the barbell using an underhand grip, with your hands positioned about should be straight (no arch in your back). Pick up the barbell using a contract of the barbell using a contract 
the bar touches your abs. Slowly lower the bar back down until your elbows are in full extension. Yates row was created by Dorian Yates, who is known for having a very impressive back. It is a variation of the underhand grip bent over row. Basically, it is the same thing, but you position your body with your torso more upright (about 30 and 10 and 10
Machine Underhand Bent Over RowYou can use dumbbells for bent over rows as well. With dumbbells, each arm will be working independently, which ensures that both sides are working
evenly. This can help youfix muscle imbalances. Furthermore, with dumbbell bent over rows, you can have a greater range of motion on the concentric phase, maximizing the squeeze at the top of the row. Note: You can also use a neutral grip with dumbbells. EZ Bar Bent Over RowThe only real benefit of the EZ bar for bent over rows is it is a little
easier on your wrists as you can position them in a more natural way (slightly neutral).8. Pendlay row was created by Glenn Pendlay, an Olympic weightlifting coach. This is a great power and strength exercise for the back muscle, with one of the main movers being the lats. A big difference between the Pendlay row and the normal
overhand bent over row is that the Pendlay row uses a wider grip (so your arms are more flared and the main action is horizontal abduction - middle lats). In addition, you row the barbell up to your upper abs/lower chest, rather than your lower/middle abs, bringingthe barbell down to the floor for each rep, and movingthe barbell quickly and
explosively off the floorevery time. Overall, it is a pure back builder, so its going to work all the muscles of your latissimus dorsi. Form Tips: Get into a bent over position with your body parallel to the floor. Grab the bar with an overhand grip and
your hands positioned wider than shoulder width. With the barbell on the floor, row it up to your upper abs/lower chest in an explosive manner, but keep good form. Bring the barbell back as slowly as you can to the floor (dead stop on the floor). That Row: The T-bar row with a v-handle is an extraordinary exercise for building a thicker wider
back. Your body positioning, grip, and the load positioning is what separates it from the bent over barbell row. With the t-bar row, you will have a greater range of motion, you can use a heavy load, and overall it hits your lats a bit differently. Its very effective at activating the low central region of your lats. Form Tips: Stand over the bar with a wide
stance. Get into a bent over position with your spine straight and chest up. Your feet should be positioned around 8-12 inches behind the plates. You can practice with the bar unloaded or with light weight first to get your feet should be position down. Your arms should be fully extended in the starting positioning. Contract your glutes and core and pull the weight
towards your upper abdomen. Squeeze your lats at the top and then very slowly lower the bar back down until your arms are fully extended. 10. Kroc Row: The Kroc row (aka single arm row) is great for your entire back (as well as your grip strength), but in terms of the lats, it does a really good job of activating them through a wide range of motion. It
also enables you to focus on one side at a time with maximum weight. This is a great lat exercise with dumbbells to build your wings. Besides being an excellent exercise for your latissimus dorsi, its really a good overall upper body exercise. Its going to work your core significantly through stability, anti-rotation demands and your biceps and
forearms. Form Tips: Place your right hand and right knee on the bench with a dumbbell in your left hand (neutral grip) and your elbow back
and up until your elbows are fully flexed. You can use momentum with Kroc rows (which allows for heavier weight). Squeeze as best your can at the top, then slowly lower your arm to full extension. Be sure to keep your core and hips engaged at all times to avoid leaning. Your hips and torso must be squared forward throughout the exercise. 11. Seated
Underhand Rows: You can do seated underhand row with either a cable crossover machine or a row machine (some use a cable pulley system, some use plates). The seated underhand row is just like the barbell bent over row in terms of how the lats are targeted, but it allows you to take your lower body and lower back out of the equation. Thus, it is
more of a lat isolation row exercise...or at least as isolated as its going to get. While you can do overhand and underhand grip is going to get. While your lats, the underhand grip is going to allow for better lat activation, but we still recommend doing both grip variations. Form Tips: Position yourself so your torso is perfectly upright. When holding the handle (with your
underhand grip), your arms should be fully extended, so if you need to sit back more, do that.Pull your elbows back as far as you can (your arms shoulders and arms.Squeeze the heck out of your lats, then slowly return your arms to full
extension. Here is an example of another machine for seated chest supported rows. We recommend lifting the seat so that you are rowing to your lower ab level for best activation of the latissimus dorsi muscle. Related: Best Cable Back Exercises 12. Underhand Inverted Rows: The inverted row is essentially the pull up of rows, albeit its easier than a pull
properly, it is quite challenging. You should be using a full range of motion. Moreover, difficulty can be increased by bringing your feet off the floor onto a bench. As for beginners, this is a great exercise to build up rowing strength, and it will also translate to improvements in your pull up and chin up game. As for grip, we chose the underhand grip as
 it better targets the lats, as youve probably gathered by now. The good thing about using a smith machine is that you can set the bar to different heights, allowing you to make the movement easier or harder. The closer your body is to parallel with the ground, the harder it will be. Form Tips: Get under the bar and use an underhand grip with your
abs/lower chest. Very slowly lower your body back down until your arms are in full extension. Note: While this inverted row is demonstrated using a smith machine, which is what most people will use in gyms, you can do a similar set up at home using a couple of chairs and a beam of some sort positioned on top of them (we will show you what we mean
in the home lat exercise section soon to come). SHOULDER EXTENSION (PUSHDOWNS & PULLOVERS) While rows and pullowers are essential for full development of the lats.
Remember, shoulder extension is one of the main responsibilities of the lats. That said, lat pushdown, also called a pullover, is
the first lat exercise up till now that has no elbow movement. Your arms will remain straight for the entire exercise (a slightly bend in your elbow is ok). This movement is purely shoulder extension. It is essentially a lat isolation exercise that is particularly good for the lower central region of your lats. Form Tips: Set up a cable pulley machine with a
straight bar attachment. Bring your hands a little wider than shoulder width apart. Step a few feet away from the machine so that in the starting positioning with your arms up, you feel a stretch and tension in your back at the bottom narg
very slowly return your arms to the starting position. Another way to do the cable pushdown is to start with a slightly forward. Then as you press down, you perform hip extension (bring your hips to neutral) while pressing your chest up proud and squeezing the heck out of your
lats. Seated Incline Lat PushdownThis is another variation of the lat pushdown. This one is worth trying out to see if it does a good job of allowing you to really focus on your lats. Essentially, with the backrest, you can be sure you have no movement at your torso. To do this one, position an incline bench so that it is facing away from the machine. Sit on
it, then grab the straight handle overhead behind you at about shoulder width and pushdown with your arms fixed as seen in the pic.14. Lat Pullover is similar in terms of movement pattern. It is also a purely shoulder extension movement. The big advantage of the pullover is that you can overload with more weight during the
stretching phase of the lift. That said, your lats become less activated as the weight moves over your head and upper chest exercise, the pullover is a lat isolation exercise, the pullover is a lat and upper chest exercise, the pullover is a lat activation due
to grip and hand positioning. You can try both to see what works best for you. Form Tip: You can do this exercise two ways. One is with your back fully lying on the bench (just your back fully lying on the bench). The dumbbell variation below shows the latter. To start, hold a barbell or EZ bar
with an overhand grip at shoulder width. Then bring the bar straight back and down. Your arms should be straight bend in your elbow. Bring your arms fixed, pull the bar over until your arms are straight
up above your chest. Use your lats to power the movement as you pull from the bottom up.Lower your arms in a fixed position at all times. This movement is simply shoulder extension/flexion. No elbow movement.Dumbbell PulloverThe
dumbbell pullover with this body positioning allows you to better target your lats rather than your chest. So we recommend positioning yourself off the back like the barbell pullover above. Programming Tips For Lat MusclesIf you want to build your lats fast (or at least as fast as humanly
possible), there are a few things you need to consider: Type of Exercises & Variety VolumeIntensity Progression DietLets go over each of these points. 1) Types of Exercises & Variety: There are three main types of exercises for the lats: Vertical Pulls (i.e. pull ups, pulldowns) Horizontal Pulls (i.e. rows) Shoulder Extension Exercises (i.e. pushdowns) If you
want well-developed lats, you need to do all three of these types of movements, as each one targets the lat muscle differently. Whats more, you need to consider the way your arm is moving, or in other words, the action of your shoulder joint, as that will determine which region of the lat is being worked more or less. Shoulder adduction targets the
upper lats best (i.e. wide grip pull ups), horizontal abduction targets the middle lats best (i.e. rows), and shoulder extension targets the lower lats best (i.e. pushdowns). Depending on your grip and angle of your body, the action of your shoulder joint can change, which in turn means your back muscles are worked differently. Grip positioning plays an
important role in determining which region of the muscle is at the greatest advantage, not to mention, whether the lat is the primary focus or not. For example, overhand barbell rows will work your middle lats more because it involves more horizontal abduction with your arms flared out, whereas reverse grip keeps your elbows tucked thus making
the movement act more on shoulder extension. So, with the same bent over row, you can target your middle or lower lat more simply by changing the grip. The same is true for vertical pulls. With wide grip pulldowns or pull ups, the movement will be more shoulder adduction, whereas with a close grip, your elbows are tucked and the movement acts
on shoulder extension. This is why variety is key. By changing grip and performing vertical and horizontal pulls as well as shoulder extension based movements, you will be able to develop your lats as fully. Now, it should be noted that no matter what lat exercise you are doing, your entire latissimus dorsi will be working. You CANNOT isolate your
upper, middle, or lower lats. Again, its just certain regions will be activated more or less. Certain movements also do a better job of activating the lat as a whole, too.2) Equipment plays into variety as well, whether you just want to change things up to stress your muscles differently (i.e. use dumbbells rather than a barbell to work each side
independently and iron out muscle imbalances or do seated rows rather than bent over rows to take your low back and legs out of the equation a bit) or you just dont have access to certain equipment. All that said, some equipment is better than others for developing the lats. Most would say that the barbell is the best for rows, with dumbbells being a
close second, and pull ups being the best for vertical movements (weighted pull ups if you are strong enough). This is because they are the hardest and provide the most load potential. Be that as it may, other equipment like cable machines most certainly have their place, as we will explain when we demonstrate all the different variations. 3) Volume: By
volume, we are referring to rep ranges and total volume. The best rep range for hypertrophy of the lats is 10-15 reps. You can even go higher depending on the exercise. If you want to focus more on strength will be somewhere in the 6-10 rep range, give or take. Its
important that you train for both strength and hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, as will strength. In terms of total volume (weekly sets + reps), your lats are a tough muscle. Think about how often you hear someone tell you they tore a lat. You
probably never heard that. The point is, your lats can handle more volume than many other muscles. So, if the optimal training volume doesn't mean anything without noting intensity, and by intensity, we mean weight load. Before we get into that,
its important to understand that the latissimus dorsi has an even ratio of slow and fast twitch muscle fibers, which means its going to respond best to moderate reps as well. So, again, you should be training with the well-rounded rep scheme we
mentioned above (6-10 and 10+). In terms of weight load, we cant say what will be right for you, but an easy way to know if the weight load is appropriate is to gauge the difficulty within that rep range. Essentially, if you are training
for hypertrophy and you are able to go well past 15 reps, then you need to up the weight load. The same is true for the strength rep range. Its really that simple. 5) Progression: You obviously cant keep the same intensity week in and week out. To build muscle and strength, you need to progressively make your workouts harder. This will ensure that
your muscles are being overloaded each workout so they are forced to adapt (grow and get stronger). The easiest form of progressive overload methods. Related: Progressive Overload Guide6) Diet: We arent going to
go too in-depth on this point, but you obviously need to eat enough food if you want your muscles to grow and if you want to have enough strength during workouts. When it comes to building up some big lats, you need to eat A LOT. Check out our 7-Day Meal Plan For Muscle Gain to get started! 7) Mind-Muscle Connection: None of the above about
exercising your latissimus dorsi will matter if you dont have a good mind-muscle connection with your lats. You need to be able to perform the exercises with maximum activation of your body like your chest. So, work on this
and the best way to do that is to really focus on contraction with light weight when first starting out, and then progressing from there. HOW TO INCORPORATE LAT EXERCISES INTO YOUR WORKOUTSThis really depends on your training program. Its going to be different if you do a body part split comparing to a full body split or upper lower
split.Ultimately, the goal is to get around 15+ sets in per week. This includes vertical pulls, horizontal pulls, and pushdowns/pullovers. Since a lot of people do back workout that has plenty of lat volume data table Exercise Sets Reps Weighted Pull Ups 36-12 Bent Over Barbell Rows 36-12 T-Bar
Rows38-15Lat Pulldowns310-12Lat Pulldowns310-12Lat Pushdowns310-15Rear Delt Flys315-20Not only will the be an effective work, add in some back extensions at the end. If you do a full body routine or an upper lower routine, just spread the volume out appropriately throughout
the week. Here are the 5 best training splits (with full routines), each of which will ensure you are getting enough work in for your lats. BEST LATISSIMUS DORSI EXERCISES AT HOME (BODYWEIGHT LAT EXERCISES) Whether you dont have access to equipment or you simply prefer bodyweight training at home, the below exercises are your best
option for developing and strengthening your latissimus dorsi muscle.1) Pull Ups & Chin Ups:Weve already discussed the benefits of pull ups and chin ups, so you can scroll up to learn why you should do them and how to do them. As you progress, weighted pull ups and chin ups, are a must.2) Inverted Rows:Weve also already covered inverted rows,
but we used a smith machine above. You dont actually need a smith machine to do inverted rows (although it is arguably the best option due to your ability to change the height of the bar easily). There are many ways you can do inverted rows, from under a table to a set up with chairs as seen in the pic above. Figure out a good set-up and get them
done. This is going to be the best bodyweight row you can possibly do. Note: If you have a suspension trainer, you can use it for rows as well. These are very effective. 3) Towel Rows: Get a towel and anchor it to something at about chest height and perform rows! Its essentially like an inverted row but from a standing position (its easier, but if you use
high reps and volume, squeeze the heck out of your lats, and work on full range of motion, it can be effective for your lats). You can increase the difficulty, usejust your hands rather than a towel. The towel increases stability, range of motion, and grip demand, so it is harder. 4)
Resistance Band Lat Exercises: With resistance bands, you can mimic all of the free weight exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example, and the pulldown Pulldowns Pushdowns Pushdow
overload with bodyweight lat exercisesWith free weights and other equipment, you can progressive overload by increasing weight load. With body weight, the only way to do this is by using an external load of some sort like a weighted backpack or resistance bands. However, you can also use other progression methods to increase intensity... You can
increase reps and volume, decrease rest time, slow down your tempo, and do harder bodyweight exercises. Play around with these variables and you will be able to keep making your workouts harder, thus overloading your muscles to force them to continue adapting. It wont be as easy as with weights, but you can surely build
your lats in any case. BENEFITS OF HAVING STRONG WELL DEVELOPED LATSThe lats are an interesting muscle in that they play a small role in the average (modern) persons daily life, but they play a small role in that they play a small role in the average (modern) persons daily life, but they play a small role in that they play a small role in that they play a small role in the average (modern) persons daily life, but they play a small role in that they play a small role in the average (modern) play a smal
standing up regularly). With that, if you dont workout, your lats are not completely unused during the day, as they are involved in things like pulling on a shirt, closing a cars trunk, and swinging your arms while walking, but this is obviously not enough. So, while the lats may not play a big role in your daily
life, unless you are required to do things like climbing and swimming, if you plan to get into fitness or some sport, having strong lats is going to boost your performance tremendously. In truth, if your lats, in a simplified manner, is to
provide shoulder strength and back strength and back strength and to help protect and stabilize your spine. So, the stronger you will be at a spinal and shoulder level (two of the most susceptible areas in the human body). Whats more, strength training
is also a form of dynamic stretching, so as long as you are using a full range of motion, as you are strengthening your lats, they will also become more flexible and mobile, which in turn will help you to move better. When it comes to lifting, having strong lats means you can deadlift, squat, bench press, overhead press, row and pull with heavier weight
and more intensity. This is not just important for the development of your lats, but it is also important for all the muscles we mentioned that work with the lats, which are basically all of the muscles of your back, your deltoids, biceps, forearms, triceps, and pecs. Strong lats = a strong, well-developed, resilient upper body. In terms of aesthetics, the lats
are a crucial muscle to have well developed. With well-developed lats (and shoulders and pecs), you will have that V tapered look, which makes your shoulders look wider and yourwaistmore narrow. Ergo, if you want to have an aesthetically impressive body, you need to develop those wings (evocative term for lats). Not only does it look great (on a
level so deep it is basically in our DNA), but it is also a clear sign of power (which is instantly recognizable). Note: Some people have a higher or lower insertion of the lats, which changes how their upper body tapers. But either way,
you simply can't go wrong with big lats. Why are my lats so weak? Hearing all of these great things about the lats, you might be thinking, "damn my lats aremore like flats... why are my lats so weak? Hearing all of these great things about the latissimus dorsi can be weak and underdeveloped for a few reasons: You dont workout correctly (poor form). Other
muscles are overactive during lat exercises. The first one is an easy fix, just start working out and be sure to do a variety of pulling exercises from all angles (horizontal and vertical pulls + shoulder extension exercises). Check out our lat workouts for some additional inspiration. The other two need a little more understanding, which is why we are
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here. If your form is poor (for example, you use too much traps and/or biceps for pulling exercises), then you need to pay attention to how to do each exercise and use lighter weight until you know how to activate your lats when performing them. If other muscles are overactive during your pulling exercises, and this is not due to poor form, then you need to build that mind muscle connection, which also starts with lighter weight, and you may also need to try out some different exercises that better target the lats for you. Switching up your grip may help you deactivate other muscles a bit and increase engagement of your lats. For example, switching from overhand to underhand rows will greatly change the dynamics of the muscles worked, allowing you to hone in on your lats a little more. The good news is, your lats can (and will!) grow and get strongerusing the exercises we went over above. FAQsRemaininglatissimus dorsi muscle exercises questions? Let's answer them! IS IT HARD TO MAKE THE LATS BIGGER AND STRONGER? The lats are definitely one of the more problem areas for beginners simply because its hard to engage them properly. It takes time to learn how to hone in on them and build that mind muscle exercises, with the right load, the right volume, and use progressive

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overload, your lats will surely grow. Moreover, you need to eat a lot. The latissimus dorsi is not a muscle like the calves, whichare really hard to grow. As long as you are doing things right in the gym, size and strength will come. However, it is a very big muscle, so it takes hard work and timenonetheless. HOW LONG DOES IT TAKE FOR THE LATS TO
GROW? If you follow everything below and stick with it, as a beginner, you can see some significant growth in 6 months. The lats are a little slower of a muscle to grow, similar to the legs. Being that the lat is so big, its going to take time to see some results. But if you stick with it and follow the information below, you can expedite the process of
growth.HOW TO WARM UP THE LATS BEFORE WORKING OUT? The best way to warm up your lats before working out are with some dynamic lat stretches and by doing lightweight resistance exercises with a full range of motion to get the blood flowing, increase body temperature, and optimize mobility. Some good warm up lat exercises are
 lightweight pushdowns and seated rows. Resistance bands are also a great way to warm up. You can perform a few different resistance band rows and pulldowns before you get into the weights. Also, if you are doing heavy lifting, then start light and work your way up to your working set. For example, if your workout begins with bent over rows, do a
few warm up sets, increasing the load each time until you are at your working weight. What is the best lat exercises and see some fantastic results. So, if we are to narrow down the best exercises for latissimus dorsi, they would be: Pull Ups/Chir
Ups (Weighted If possible)Underhand Bent Over RowsLat PushdownsIf a beginner cant do pull ups or chin ups, lat pulldowns with the same grip would be the next best thing. With these three exercises, you will be working your lats through all of the main actions, so you can get full development. In terms of muscle activation, pull ups and chin ups and
bent over rows are shown to have the highest results with EMG studies, so while other exercises are good, these are the best. As you become more advanced, you will need to add more variety to your training, but if you are looking for somewhere to start, this is it. How can I train my lats without a pull up bar? If you dont have a pull up bar, you
obviously cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. There are door anchors for this. All that said, we highly cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. With resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. With resistance bands are the same way you do cable pulldowns in the same way you do cable pulldowns. Be that as it may, you will still need some anchor point for your bands. There are door anchors for this. All that said, we highly a same anchor point for your bands are the same way you do cable pulldowns. Be that as it may, you will still need some anchor point for your bands. There are door anchors for this. All that said, we highly a same anchor point for your bands are the same way you do cable pulldowns.
recommend getting a pull up bar or finding one at a park nearby and doing pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight later to the bar of the pull ups. Its the best body weight later to the bar of 
Up Bars for you to check out. Do push ups work latissimus dorsi? Like bench press, push ups will work your lats, particularly the middle lats, as the movement requires horizontal abduction. However, push ups are not going to be enough for the best possible lat development, so we highly recommend adding the above lat specific exercises into your
home workouts. Aredeadlifts a good lat exercise? Deadlifts are a must and they will do a great job of strengthening your lats as well, especially if you do wide grip variations of the deadlift. We didn't include it in your routine. With the lat
exercises above, you will see serious improvements in your deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play and the lats play an important role in deadlifts over time as the lats play and 
the concentric phase of lifting (squeezing of the muscle) is important, but the eccentric phase, you really shouldnt have an issue with your lats becoming tight as you will be dynamically stretching them as you workout. That said, your lats
can still become tight for one reason or another, and if they do, you should knowhow to stretch your latissimus dorsi? There are many different effective lat stretch, and the bent over lat stretch. Foam rolling is also important. Check out
our article on the 10 Best Lat Stretches For Before & After Workouts for detailed information on how to perform each of these, along with many others. Exercises For Latissimus Dorsi: Final Takeaways Now that you are armed with everything you need to know about developing your latissimus dorsi, its time to go out there and put your lats and these
exercises to the test! A few final pointers: Aim to work your lats twice weekly for muscle hypertrophy, allowing them to rest in between sessions, which is key for muscle recovery. It's also essential that you eat to build muscle, meaning you need to be in a small calorie surplus of 300 to 500 calories. Follow my workout advice and use these exercises for
the latissimus dorsi muscle, and massive wings are yours for the taking.Looking for an effective workout featuring many of these exercises? Check out our Best Lat Workouts For A Bigger, Stronger Back! Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12
pounds of muscle over 90 days...Arnold Schwarzenegger once said that building impressive lats was like spreading your wings to create the perfect V-taper. Youll discover that developing wider, thicker lats isnt just about basic pulldowns it requires strategic exercise selection and proper form. From classic moves like deadlifts to advanced techniques
that Arnold himself used, these 15 proven exercises will transform your back development and help you achieve that coveted cobra-like appearance. Your latissimus dorsi muscles, commonly referred to as lats, serve as powerful engines for upper body movement, creating that sought-after V-taper physique. These triangle-shaped muscles span your
backs width, and theyre vital for exercises like the straight-arm pulldown, face 
wide-backed appearance that Arnold made famous during his Mr. Olympia days. Think of your lats as wings that, when appropriately developed, give you that powerful, athletic look. Theyre not just for show theyre fundamental to your overall upper body strength and functionality. Proper lat training requires three key movement patterns: vertical pulls
horizontal rows, and straight-arm exercises like the Hammer Strength row, maintain a medium grip width. Going too broad
shifts the focus to your rear delts and middle traps instead of your lats. Use the Hevy app to track your progress and confirm youre maintaining proper form. When planning your leg training, strategically incorporating exercises across different workouts will maximize growth potential and prevent overtraining. Youll want to integrate these movements
into your pull days or dedicated back sessions, performing at least two to three exercises weekly. For optimal results, utilise tools like the Fitbod app to track your progress and the TRX suspension system for bodyweight variations. Endurance athletes should focus on plank and pull movements to build functional strength. Dont forget your lifting belts
for heavy compound exercises. Schedule regular recovery weeks to prevent burnout and maintain steady progress. Whether youre following a push/pull/legs split or a traditional body part split, consistency is key. Building powerful lats delivers impressive benefits that extend far beyond just looking good in the gym. Your rotator cuffs and cervical spine
disks benefit from the added stability, while exercises like the meadows row strengthen your biceps brachii and improve overall pulling power. Youll notice enhanced performance across various exercises, particularly in your deadlifts, where lifting straps can help you maximize your lat engagement. As Kevin Purvis, a renowned strength coach, often
emphasizes, well-developed lats are essential for achieving that coveted V-taper physique. However, its not just about aesthetics strong lats contribute significantly to better posture, mainly if youve been focusing too heavily on chest exercises. They help balance your physique and prevent the rounded-shoulder look that comes from overdeveloping
your anterior chain muscles. When it comes to building a wider, thicker back, specific lat exercises have proven to be effective in bodybuilding. Your latissimus dorsi muscles respond best to heavy compound movements that create ideal muscle hypertrophy. Start with the classic lat pulldown, which Arnold himself credited for his impressive V-taper
Youll want to include both close and wide-grip variations. Next, master the barbell row is unmatched. This exercise allows you to focus on each side independently while maintaining stability through
your core.Remember Arnolds advice: The mind is the limit. As long as the mind can envision doing something, you can do it. Although many lifters view the deadlift primarily as a leg exercise, its one of the most powerful lat builders in your arsenal. Your lat muscles work overtime to stabilize the weight throughout the movement, leading to significant
muscle growth through progressive overload. To maximize lat activation during deadlifts: Position your spine tall and chest upPush your hips back before bending your kneesPull the weight by standing tall, engaging your back musclesControl the
descentWhile your hamstrings and glutes are working hard, your lats are constantly under tension as they help control and stabilize the heavy weight. This compound movement builds serious back thickness when performed consistently with proper form. Sets and Reps: 3 to 4 sets of 6 to 8 repsThe barbell row stands as another powerhouse movement
for building massive lats, working perfectly alongside deadlifts in your back-building arsenal. This strength training exercise targets multiple muscles throughout your posterior chain, delivering impressive muscular hypertrophy when performed correctly. To execute the perfect barbell row, hinge at your hips until your torso is at a 45-degree angle,
gripping the bar with your hands shoulder-width apart. Keep your core tight and eyes down, then pull the weight to your lower chest while squeezing your lat muscles. For optimal results, use moderate to heavy weights and aim for 10 reps or fewer to protect your lower back from fatigue. You can program this as either a primary movement or an
accessory exercise, making it incredibly versatile for developing the upper back. Sets and Reps: 3 sets of 8 to 10 repsMastering dumbbell rows can transform your back development, making them a cornerstone exercise in any serious strength training program. This unilateral movement maximizes the engagement of the lat muscle fibers while
developing balanced upper body strength. To perform the exercise, grab a dumbbell in one hand and hinge forward until your torso is nearly parallel with the ground. Place your rib cage, focusing on muscular recruitment in your back muscles. For ideal lat
training results, emphasize the stretch at the bottom of each rep. Keep your torso steady throughout the movement any swaying reduces the exercises effectiveness. Start with lighter weights to perfect your form before progressing to heavier loads that challenge your muscular endurance. Sets and Reps: 3 sets of 8 to 12 repsElevating your dumbbell
row game starts with the incline variation, a movement that forces strict form while targeting those hard-to-hit lower latissimus dorsi fibres. By positioning your chest on a 45-degree bench, youll eliminate the body English that often creeps into standard dumbbell rows. Stand with your chest against the bench, maintaining an athletic stance with your
feet firmly planted. Your core muscles must remain engaged throughout the movement. As you grip the dumbbells, keep your neck in a neutral position and your eyes forward. Pull the weight toward your hips, focusing on engaging your latissimus dorsi muscles with each rep. Various grip variations can help target different areas of your latis, but start
with a neutral grip to master proper form. Control the negative portion of each rep for maximum muscle engagement. Sets and Reps: 3 sets of 8 to 10 repsMoving from free weights to cables, seated cable rows put you in the ideal position to build impressive back width and thickness. This foundational exercise enhances scapular stability while
maximizing lat strength and muscle activation levels. To perform the seated cable row correctly: Position your slet placed wider than shoulder-width apart. Grasp the handle and lean slightly forward, rounding your upper back. Pull your shoulder blades apart to create maximum stretch in your lats. Row the
handle toward your belly button while pulling your shoulder blades down and back. Maintain a straight spine throughout the movement. Focus on controlled movement and enhanced posture as you progress with this exercise. Sets and Reps: 3 to 4 sets of
10 to 15 repsTransform your back development with the Reeves Incline Row, an advanced variation that challenges your muscles from a unique angle. This horizontal pulling movement targets your latissimus fibers through a wider grip position, creating new stimulus for muscle growth. Heres how to perform the exercise: Position your chest on an
incline bench with a loaded EZ bar or short barbell underneath. Grab the bar by the weight plates using a wide grip. Lift the bar from the ground while keeping your shoulder blades tight. Pull the bar up until it touches the bench. Lower with control to the starting position. This exercise equipment setup allows for a greater range of motion compared to
traditional rows. Youll feel increased engagement throughout your entire back as you master this movement pattern. Sets and Reps: 3 to 4 sets of 8 to 10 repsThe Gorilla Row stands out as one of the most primal and effective ways to build serious back thickness and strength. Unlike traditional bent-over rows, this variation helps protect you from
shoulder impingement and rotator cuff injuries by letting you work from a dead stop. Heres how to master it: Take a wider stance than your standard bent-over row position Keep your core tight and hips below shoulder heightGrip both weights firmly on the groundRow one weight up while pressing the other into the floorAlternate sides with controlled
movement This exercise builds the core strength youll need for other back builders, such as weighted chin-ups. The dead-stop element guarantees perfect form on each rep, while the alternating pattern prevents momentum from taking over your gains. Sets and Reps: 3 to 4 sets of 8 to 10 repsMastering pull-ups and chin-ups will transform your back
development like no other exercise can. These vertical pulling movements target your lats more effectively than any lat pulldown machine, helping you build that coveted v-taper torso. Youll need proper form to maximize muscle fiber recruitment. Start by hanging from a bar with either an overhand grip (for pull-ups) or an underhand grip (for chin-
ups), with your hands positioned shoulder-width apart. Keep your core engaged as you pull your chest toward the bar, focusing on squeezing your lats throughout the movement. Avoid the CrossFit-style kip its just momentum, not muscle. Aim for 3 sets of 10 reps with controlled negatives. If you cant complete full reps yet, use assisted variations until
you build the necessary strength. Sets and Reps: 4 sets of 6 to 8 repsWhen you cant access a pull-up bar or need to build foundational strength, lat pulldowns become your go-to exercise for developing a wider back. Youll find this cable pulley movement in every serious exercise library, and its perfect for tracking your performance gains. Sit at the
station with a grip slightly wider than your shoulders, though you can switch to a supinated grip for variety. Keep your torso at a 60-degree angle, then pull the bar toward your shoulders, though you can switch to a supinated grip for variety. Keep your torso at a 60-degree angle, then pull the bar toward your shoulders, though you can switch to a supinated grip for variety. Keep your torso at a 60-degree angle, then pull the bar toward your shoulders, though you can switch to a supinated grip for variety. The weight as you return to the starting position. You can program lat pulldowns as a superset with pushing movements or
use them to train until muscular failure. Theyre also excellent for activating your lats before heavier exercises, just as Arnold used them to warm up his legendary back workouts. Set and Reps: 3 to 4 sets of 8 to 12 repsSwitching to a close-grip position transforms this classic lat exercise into a powerful mass-builder for your back. By narrowing your
grip on the cable machine, youll create a greater range of motion while protecting your shoulder joint from unnecessary stress. Heres how to nail the close-grip pulldown for maximum lat sweeps: Position yourself at the machine and grasp the V-handle or bar with a neutral or underhand grip. Set your feet firmly, brace your core, and lean back
 slightly.Drive your elbows down and back, pulling the handle to your upper chest.Control the weight as you return to the starting position. This variation complements your standard rowing movements and helps prevent muscle imbalances. Youll notice more depth in your back development, especially in the lower lats. Sets and Reps: 3 to 4 sets of 6 to 8
repsThe kneeling lat pulldown takes your back training to new heights by challenging your core stability and lat engagement. Unlike the traditional seated lat pulldown, this variation forces your teres major and surrounding muscles to work harder while maintaining proper posture. To perform this exercise: Kneel in front of the cable pull-down machine
with an upright torso. Grip the bar with hands slightly wider than shoulder-width. Contract your abs and glutes to create full-body tension. This movement complements other back exercises, such as the bent-over barbell row and
dumbbell lat exercises. Youll develop a better mind-muscle connection and core stability compared to standard pulldown variations, leading to more effective back development. Sets and Reps: 3 to 4 sets of 8 to 10 repsAs a unique hybrid between traditional barbell rows and cable exercises, landmine rows deliver an exceptional lat-building stimulus
while minimizing the risk of form breakdown. The exercises resistance angle creates a natural arc thats easier on your lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance angle creates a natural arc thats easier on your lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance angle creates a natural arc thats easier on your lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance angle creates a natural arc thats easier on your lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance angle creates a natural arc that seasier on your lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance angle creates a natural arc that seasier on your lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance and lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance and lower back than a T-bar row or single-arm dumbbell row. To perform this press-and-sweep exercises resistance and lower back than a T-bar row or single-arm dumbbell row. To perform this perform that the performance and lower back that the performance and lower bac
45-degree angleRow the weight to your chest, focusing on squeezing your lats and rear deltsYoull notice the anchored setup prevents everyday cheating habits, forcing you to maintain strict form throughout each rep. The fixed path also helps you achieve a stronger mind-muscle connection with your lats. Sets and Reps: 3 to 4 sets of 6 to 8 repsOften
considered Arnolds secret weapon for building his iconic V-taper, dumbbell pullovers deliver a unique stretch and contraction that few other exercises can match. As one of the most effective lat exercises for building a wider back, its a movement that combines chest, core, and back engagement into one fluid motion. Heres how to perform this classical terms of the most effective lat exercises for building a wider back, its a movement that combines chest, core, and back engagement into one fluid motion. Heres how to perform this classical terms of the most effective lat exercises for building his iconic V-taper, dumbbell pullovers deliver a unique stretch and contraction that few other exercises for building his iconic V-taper, and back engagement into one fluid motion. Here is a movement that combines chest, its a movement that combines chest, it is a m
exercise: Lie back on a bench, gripping a single dumbbell with both hands above your head. Lower the weight in an arc behind your lets, pause briefly. Drive the weight back up, letting your upper arms follow a row motion. Aim for 3 sets of 8-10 reps, focusing on
controlled movement and maximizing that lat stretch at the bottom position. Sets and Reps: 3 to 4 sets of 8 to 10 repsInverted bodyweight rows without needing heavy weights. This closed-chain movement targets your lats
similarly to seal rows and renegade rows, making it a valuable addition to your training routine. To perform this exercise, position yourself under a Smith machine or bar with an underhand grip slightly wider than shoulder width. Create a 45-degree angle between your body and the ground, maintaining a tight core. Pull your chest toward the bar
while squeezing your shoulder blades together, then lower with control. You can modify the difficulty by adjusting your body angle or bending your knees. The higher the bar, the easier the movement becomes, letting you progress gradually as you build strength. Sets and Reps: 3 sets of 8 to 10 repsThe Pendlay row, also known as the deadstop row,
offers a powerful variation of the traditional barbell row thatll help you build serious back strength and muscle. To perform this move, youll position yourself over a barbell with your torso just above parallel to the ground. Keep your core tight throughout the movement, as this protects your lower back and maximizes force transfer. Unlike the standard
barbell row, youll reset after each rep by letting the weight come to a complete stop on the floor. This break between reps improves your elbows at a 45-degree angle. Focus on squeezing your shoulder blades together at the top of each
rep.Sets and Reps: 3 sets of 8 to 10 repsYouve now got the foundational knowledge to build an impressive back through targeted lat training. Whether your eaiming for Arnolds iconic V-taper or simply want to improve your functional strength, these exercises will help transform your physique. Remember, consistency with proper form is key your lats
respond best to controlled movements and progressive overload. Start incorporating these exercises for beginners are lat pulldowns, seated cable rows, and assisted pull-ups. These exercises build lat strength and develop proper form for
advanced movements. Perform 3 sets of 10-12 reps with controlled movement and focus on squeezing the lats. Train your lats 2 times per week for balanced growth and recovery. Allow at least 48-72 hours between sessions to optimise muscle repair. Adjust frequency based on training volume, intensity, and overall workout program goals. Bodyweight
exercises for lats include pull-ups, chin-ups, inverted rows, and Australian pull-ups. These exercises target the latissimus dorsi without equipment, improving back strength and stability. Perform controlled reps to maximise muscles, while
lat pulldowns isolate the lats effectively. Pull-ups build functional strength and grip, whereas lat pulldowns, and straight-arm pulldowns, and straight-arm pulldowns. These exercises target the outer lats to increase back width. Perform 3-4 sets of 8-12 reps
focusing on full range of motion. A beginner lat workout routine includes lat pulldowns, seated cable rows, straight-arm pulldowns, and assisted pull-ups. Perform 3 sets of 10-12 reps per exercise, resting 60-90 seconds between sets to maintain form and maximise results. The best lat workout programs to buy include Jeff Nippards Back Hypertrophy
Program, ATHLEAN-X Ultimate Back System, and Built With Science Back Specialization Programs provide structured lat routines with progressive overload and video demonstrations. Your spine, stabilize your torso, and move
your limbs. But when it comes to strength training, one muscle deserves most of your attention: the lats. Short for latissimus dorsi, these long and wide muscles help you stay upright, pull your arms down, andwhen trained properlybuild serious upper-body strength. Theyre essential for posture, pulling power, and creating a more balanced, resilient
physique. If youre not sure where to start, we consulted Peloton Instructor Rebecca Kennedy and Brian Sutton, who oversees the development of certification and continuing the best lat exercises to add to your routine and how to
incorporate them into your existing workouts. What Are the Lat Muscles? Your latissimus dorsi (aka lats) are the broad, wing-shaped muscles that span from your existing workouts. What Are the Lat Muscles? Your latissimus dorsi (aka lats) are the broad, wing-shaped muscles that span from your existing workouts. What Are the Lat Muscles? Your latissimus dorsi (aka lats) are the broad, wing-shaped muscles that span from your existing workouts. What Are the Lat Muscles? Your latissimus dorsi (aka lats) are the broad, wing-shaped muscles that span from your existing workouts. What Are the Lat Muscles? Your latissimus dorsi (aka lats) are the broad, wing-shaped muscles that span from your existing workouts. What Are the Lat Muscles? Your latissimus dorsi (aka lats) are the broad, wing-shaped muscles that span from your existing workouts. What Are the Lat Muscles? Your latissimus dorsi (aka lats) are the broad, wing-shaped muscles that span from your existing workouts. What Are the broad, wing-shaped muscles that span from your existing workouts. What Are the broad, wing-shaped muscles that span from your existing workouts. What Are the broad, wing-shaped muscles that span from your existing workouts. What Are the broad, wing-shaped muscles that span from your existing workouts. What Are the broad workouts were the broad workouts. What Are the broad workouts were the broad workouts with the broad workouts. What Are the broad workouts were the broad workouts with the broad work
the top shelf of your closet or pull a heavy door shut. They also help keep you upright by working with your chest muscles in the upper body, says Sutto. Theyre essential for pulling strength and help stabilize both the shoulder and spine, which
supports better posture and overall movement. Training your lats helps preserve muscle mass and pulling strength as you age, which supports healthy posture, protects your joints, and contributes to overall movement longevity. Strength training is incredibly
important for our overall health, especially as we get older, and becomes a non-negotiable, Rebecca says.4 of the Best Lat Exercises to TryBelow are four exercises that Rebecca suggests incorporating into your strength workout split). The
back exercises below can be performed with dumbbells, kettlebells, and bands, and are all featured in workouts that you can find in the strength workouts on the Peloton App or Peloton Strength workouts on the Peloton App or Peloton Strength workouts on the Peloton
 width distance apart. (Optional: Brace your back foot against a wall or bench for support.) Keeping your back flat and core engaged, hinge forward at the hips and rest your left hand on your thigh. Let your arm hang fully extended below your shoulder, palm facing in. Pull the weight toward your hip, driving your elbow past your torso. Squeeze at the
your chest is over both kettlebells. Grab a handle in each hand.Row the left kettlebell toward the left hip until your elbow passes your torso, and then lower it back to the ground. Repeat on the floor with your chest with a soft bend
 in your elbows.Lower the weight slowly in an arc behind your head, keeping your arms close to your ears and your core engaged. Go only as far as you can while keeping your back flat and feeling a stretch in your lats. Pause briefly, then bring the weight back over your chest with control. Loop a resistance band over a pull-up bar and step onto a box
 underneath.Pull the band down and hook one knee (then the other) into the loop.Grab the bar with an overhand grip, palms facing away from you. Brace your chin clears the bar, squeezing your shoulder blades together.Hold briefly at the top, then lower with control.Tips to Keep
in Mind When Training Your LatsIt can be hard to feel your lats during training. Thats partly because your lats and put it onto another reason why; if your form is incorrect, it will take the focus off your lats and put it onto another
muscle. Here are four technique details two you should add into your training and two you should avoid courtesy of Rebecca and Sutton. Its very common, especially in bent-over positions, to shrug the shoulders, Rebecca says. To fix this common
faux pas, think about leading all pulling movements with your elbows. Keep them close to your sides and drive them toward your back pocket at the bottom of each repsqueezing your shoulder blades together and pushing them down as your complete the pull. During single-arm rows (aka lawn mower rows), especially, its easy to let your hips twist, bu
that cheats your lats. When you twist and open your hips, youre essentially getting help from your trunk and lower body to help make the line of pulling easier, Rebecca explains. The fix is simple: Keep your torso and hips square to the floor throughout the rep. If your shoulders stay level and your glutes stay still, itll help you properly engage your
lats. Using a full range of motionwhich is a key component of good formincreases muscle tension by stretching and control the bottom of the rep where your lats are most stretched. Sutton explains. Deep loaded stretches are where
real muscle growth can happen. In fact, newer research shows that so-called lengthened partialshalf reps performed in the stretched part of a liftcan be just as effective for muscle growth as full reps. One 2025 study published in PeerJ found that upper body gains from stretch-focused half-reps were nearly identical to those from full-ROM training.
Another study in the European Journal of Sport Science showed comparable results for lower body muscle gains in women. For example, after a set of full-range-of-motion band-assisted pull-ups, squeeze out three to four more reps from full extension to eye level. You don't want to replace all your reps with half reps, but adding them at the end of a set
can help you push towards muscular failure and ensure youre really feeling the target muscle. Lifting weight thats too light can lead to poor form because your body doesnt feel the proper feedback to ensure thoughtful mechanics, says Rebecca. A little extra resistance helps you move better as it forces muscle recruitment, motor control, and cleaner
mechanics. How heavy is heavy enough? Choose a weight that leaves you with just one to two reps in the tank. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you should maybe be able to grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If your eaiming for eight reps, you have a grind out 10. If you earli
your heaviest set first, then reducing the weight slightly and increasing the reps with 60 pounds, then 12 reps with 60 pounds, then 12 reps with 50 pounds, then 12 reps with 60 pounds, then 12 reps with 60 pounds, then 12 reps with 60 pounds, then 12 reps with 50 pounds, then 12 reps with 60 pounds, then
strength and size of your lats for general functional fitness, try training them twice per week, Rebecca suggests. She recommends performing one to two exercises in the hypertrophy rep range, and one to two exercises in the hypertrophy rep range. If your goal is to increase maximal strength, then replace your hypertrophy lifts with exercises
performed in the max strength rep range. Heres how all those rep ranges break down, including about how heavy you might want to lift, expressed as a percentage of your one rep max (1RM): Strength Endurance: 12 sets of 1220 reps with 50-70% of your 1RM. Rest for 60 seconds between sets. Hypertrophy: 35 sets of 612 reps with 75-85% of your 1RM.
1RM. Rest for 30 seconds to 2 minutes between sets. Maximal Strength: 46 sets of 15 reps with 85-100% of your exercises over
time. Sutton is talking about a training principle called progressive overload, and its the linchpin of effective training. Aim to do a little bit morefollowing Suttons guidance aboveevery workout, or at least every week. One extra rep per week doesnt seem like much, but it adds up over time. The Takeaway Whether youre looking to improve posture, build
long-term pulling strength, or simply move with more control and power, adding some dedicated lat exercises to your training can go a long way. Consider working your lats twice per week and incorporating both horizontal and vertical pulls (such as pullovers and rows) to train your lats through their different movement patterns. As these exercises
become easier, add reps, sets, or weight to keep challenging your strength. Finally, don't forget to prioritize sleep, nutrition, and proper recovery; muscle and strength are forged between workouts, not during them. This content is for informational and educational purposes only and does not constitute individualized advice. It is not intended to
replace professional medical evaluation, diagnosis, or treatment. Seek the advice of your physician for questions you may have regarding your health or a medical emergency, call your physician or 911 immediately. The lats are arguably the most important back muscles from an aesthetic standpoint. When
developed properly, they give your back width and thickness. In fact, big lats are even visible from the front and look a little like wings. Because of their size and function, itll take more than a couple of sets of lat pulldowns or seated rows to build the back of your dreams. To sculpt strong, muscular lats, youll need to target them from multiple angles
with various exercises. As a personal trainer with over 35 years of experience, Ive helped numerous lifters transform their backs. In this article, I reveal the 13 best exercises for building bigger lats. Recent Updates: On June 15, 2024, Fitness Volts Senior Editor, Vidur Saini (American Council on Exercises CPT), updated the article and added actionable
expert tips throughout the piece to improve the reader experience. 13 Best Latissimus Dorsi Exercises to your arsenal: 5 Best Latissimus Dorsi Exercises to you
exercises you need to do!1. Lat pulldownsSets & RepsEquipment NeededTarget Muscles3-4 x 8-12Lat pulldown machine means you can easily adjust the weight and even do pump-inducing drop sets. Lat pulldowns are very
straightforward, and you can use several different handles and hand positions to train your lats from various angles. Lat pulldown options include:Wide overhand gripNeutral medium gripNeutral medium gripNeutral medium gripNeutral medium overhand gripNeutral medium gripNeutral medium gripNeutral medium gripNeutral medium overhand gripNeutral medium gripN
floor. Adjust the leg pad so that it holds you securely in position. Stand up and grab the handle with your chosen grip. Sit back down and place your legs under the pads. Lean back slightly and lift your chest up toward the bar. Bend your wrists
straight. Pause at the bottom of each rep for 1-2 seconds. Slowly extend your arms and repeat. Pro Tip: Avoid shoulder injuries by only doing lat pulldowns to the front. Behind the neck lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns to the front. Behind the neck lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns to the front. Behind the neck lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns to the front. Behind the neck lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat pulldowns put a lot of extra stress on your shoulder injuries by only doing lat a lot of extra stress on your shoulder injuries by only doing lat a lot of extra stress on your shoulder injuries by only do
your front.DifficultyProgressionRegressionRegressionBeginnerWeighted pull-upsAssisted pull-upsAssisted pull-ups RegressionBeginnerWeighted pull-upsAssisted pul
suitable place to hang and the strength to lift your body weight with just your arms.Pull-ups, it could be because you are overweight. How to do it:Hang from an overhead bar using a slightly wider than shoulder-width, overhand grip. Pull your
shoulders down and back and brace your core. Without kicking your legs or swinging, bend your elbows and pull your chin up and over the bar. Squeeze your shoulders together and avoid craning your legs or swinging, bend your elbows and pull your chin up and over the bar. Squeeze your shoulders together and avoid craning your legs or swinging, bend your elbows and pull your chin up and over the bar. Squeeze your shoulders together and avoid craning your legs or swinging, bend your elbows and pull your chin up and over the bar.
scapulae (pull your shoulder blades down and together) at the movements top to maximize lat engagement and prevent compensatory shrugging. Difficulty Progression Regression Intermediate Weighted pull-ups, increased reps Assisted pull-ups, incre
barLats, biceps brachii, brachialis, chest (to a lesser extent)Where pull-ups are performed using an underhand grip, chin-ups are done using an underhand grip, chin-ups are done using an underhand grip, chin-ups are done using an underhand grip. This puts your biceps in a mechanically advantageous position, which may mean you can do more reps or lift heavier weights. It also means your biceps get a good workout as you train your
lats. How to do it: Hang from an overhead bar using a slightly narrower than shoulder-width, underhand grip. Pull your elbows and pull your chin up and over the bar. Lower yourself back down smoothly and repeat. You can also do chin-ups with a
neutral/parallel grip. Pro Tip: As you pull up, try to touch your chin. This emphasizes the contraction in the lats and lower chest for greater muscle recruitment. Difficulty Progression Intermediate Weighted chin-ups, increased reps Assisted chin-ups, lat pulldowns (close grip)4. Straight-arm
pulldownSets & RepsEquipment NeededTarget Muscles3 x 10-15Cable machine with rope attachmentLats, triceps, teres majorMost lat exercises are compound, which means they involve not only the shoulder joint and lats but other joints and muscles, especially the elbows and biceps. Straight-arm pulldowns are an isolation exercise that only
involves the shoulder joint. This is a useful exercise for when you want to train your lats without taxing your biceps. How to do it:Stand in front of a lat pulldown machine fitted with a straight but not locked, push the bar down to your upper thighs. Raise the bar to
above head height to stretch your lats and repeat. Pro Tip: Maintain slight elbow flexion throughout the movement to reduce joint strain and emphasize lat engagement over triceps. DifficultyProgressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegressionRegre
15Dumbbell, benchLats, triceps, pectoralis major, serratus anteriorDumbbell and machine pullovers are a great way to isolate your lats, and they involve your pecs too. Pullovers are a single joint exercise, so all the movement happens at the shoulder. Unlike all pull-ups, pulldowns, and row variations, pullovers do not use your biceps. They are great
for finishing off your lats at the end of your back workout. Dumbbell PulloverHow to do it: Set an adjustable bench to a 10 to 15-degree decline. Grab a single dumbbell and hold it in both hands. Place the palms of your hands against the inside of the weight plates. Lie on the bench with your head lower than your hips. Press the dumbbell up to arms
length and hold it over your chest. Bend your elbows slightly, and then keep them rigid.Lower the weight back over your head so your biceps brush your ears. Extend your ears. Extend your elbows slightly, and then keep them rigid.Lower the weight back over your head so your biceps brush your ears. Extend your ears. Extend your ears. Extend your ears. Extend your lower back excessively. Pull the dumbbell back over your chest and repeat. Pro Tip: You can also do this exercise with a barbell or wi
dumbbell in each hand. If your gym has a pullover machine, use it according to the manufacturers instructions, as each one is different. Difficulty Progression Regression Beginner Decline dumbbell pullover Straight-arm lat pulldown 8 Best Latissimus Dorsi Exercises: Horizontal Pulls Horizontal 
help build thicker lats. If you want a back thats as deep as it is wide, these are the exercises to use:1. DeadliftSets & RepsEquipment NeededTarget Muscles3-5 x 4-6Barbell, weightsGlutes, hamstrings, quads, spinal erectors, lats, trapsThe barbell deadlift is arguably the king of back exercises. When you do deadlifts, you must forcibly extend your
shoulders to keep the weight close to your legs. This creates an intense contraction in your lats. Besides the lats, deadlifts work all your other posterior chain muscles, including the glutes and hamstrings. Athlete Lifting DeadliftHow to do it:Place a loaded barbell on the floor. The bar should be about mid-shin height. Stand with your toes under the
bar, feet hip-width apart.Lean forward and hold the bar with an overhand or mixed grip, where one hand faces forward and the other faces backward. Straighten your arms, lift your chest, and drop your hips. Your lower back should be slightly arched, and your abs tightly braced. Drive your feet into the floor and stand up straight. Do not round your
back or bend your arms. Use your lats to keep the bar close to your legs at all times. Push your legs, and lower the weight to the floor. Get set for another rep and repeat. Pro Tip: As you lift, drive your legs, and lower the weight to the floor. Get set for another rep and repeat. Pro Tip: As you lift, drive your legs, and lower the weight to the floor. Get set for another rep and repeat.
the spine from excessive load. Difficulty Progression Regression Advanced Sumo deadlift, rack pulls 2. Bent-over row Sets & Reps Equipment Needed Target Muscles 3-4 x 8-12 Barbell, dumbbells Lats, traps, rhomboids, rear deltoids, biceps Bent-over rows are a classic back-builder. Performed with a
barbell, this exercise works your lower and upper back along with your lats. However, the bent-over row can be hard on your lower back, so avoid this exercise if you have a history of back pain. Barbell Bent Over RowHow to do it:Hold a barbell with a wider than shoulder-width overhand grip. Bend your knees slightly and then bend forward from your
hips until your torso is angled to between 45-90 degrees. Do not round your lower back. Without using your legs or lower back to lift the weight, bend your arms and pull the bar up to touch your abdomen. Slowly extend your arms and repeat. Pro Tip: Pause at the top of each rep, squeezing your shoulder blades and back muscles. This intensifies the
peak contraction and deepens the mind-muscle connection. DifficultyProgressionRegressionIntermediatePendlay row, Yates rowSupported bent-over row (with bench), inverted row3. T-bar rowSets & RepsEquipment NeededTarget Muscles3-4 x 8-12T-bar machineLats, traps, rhomboids, rear deltoids, bicepsThe T-bar row is an old-school back
exercise thats still popular today. Its a little more lower back-friendly than regular bent-over rows, which is good news if you find the barbell version awkward or uncomfortable. However, to avoid injury, you still need to do T-bar rows with a slightly arched and not rounded lower back. T-Bar RowsHow to do it: Step onto the T-bar row platform and
stand with one foot on either side of the bar. With your feet flat, bend your knees slightly and hinge forward from your hips. Keep your back slightly arched. Grasp the handles with both hands. With your arms and pull the handle into your chest
Lead with your elbows and keep your wrists straight. Fully extend your arms and repeat. Pro Tip: Lean back slightly as you row, allowing for a greater range of motion and a deeper stretch in the lats. This can enhance muscle activation and growth potential. Difficulty Progression Regression Intermediate Landmine T-bar row Single-arm dumbbell row,
inverted row4. Pendlay rowSets & RepsEquipment NeededTarget Muscles3-4 x 6-8Barbell, weightsLats, traps, rhomboids, rear deltoids, bicepsPendlay rows were invented by USA weightlifting and powerlifting coach Glen Pendlay. This exercise is basically a bent-over row where each rep starts with the weight resting on the floor. This momentary
pause between reps takes stress off your lower back, gives your grip a brief rest, and provides an opportunity to reset your core. This should mean you can use more weight or do more reps than with your toes beneath the bar, feet roughly shoulder-width
apart.Lean forward and hold the bar with an overhand, shoulder-width grip. Straighten your starting position. Without jerking with your back, pull the bar off the floor and into your abdomen. Lower the bar back to the floor and repeat. Each rep should
start from a dead stop, so no bouncing! Pro Tip: Slowly lower the bar to the floor until it comes to a dead stop. This eliminates momentum, forcing your muscles to work harder and build greater strength from a disadvantageous position. Difficulty Progression Advanced Increase weight, deficit Pendlay row Bent-over row, barbell row with
controlled eccentric5. Single-arm rowSets & RepsEquipment NeededTarget Muscles3 x 8-12 (per arm)Dumbbell, benchLats, rhomboids, traps, rear deltoids, bicepsBecause you have one arm free to use for support, single-arm dumbbell rows are much easier on your lower back than barbell bent-over rows. They also allow you to work one side at a
time, which is an excellent way to identify and fix strength imbalances. Finally, single-arm rows allow you to stretch your lats at the bottom of each rep, which can help increase hypertrophy or muscle building. How to do it:Hold a dumbbell in one hand. Lean forward and place your free hand on a knee-high bench. Your upper body should be
perpendicular to the floor, and your back should be straight and not rounded. Place your feet shoulder-width apart, knees slightly bent for stability. Bend your arm, getting a good stretch in your lats as you do so. Do the same number of reps on each side
Pro Tip: Some people like to do this exercise with one knee resting on the bench. This can work, but you may feel more stable with both feet on the floor. This more balanced stance should allow you to lift more weight. Difficulty Progression Regression Intermediate Kroc rows Chest-supported row (using a bench), inverted row 6. Chest-supported
dumbbell rowSets & RepsEquipment NeededTarget Muscles3 x 8-12 (per arm)Dumbbell, incline benchLats, rhomboids, traps, rear deltoids, bicepsMost horizontal pulling exercises work your lower back from the movement. This can be usefu
if you have a tired or injured lower back or just want to concentrate 100 percent on your lats. How to do it:Lie face down on an incline bench, so your feet are still touching the ground. With a dumbbell in each hand, extend your arms and let them hang down from your shoulders. Rotate your wrists, so your palms are facing inward. Bend your arms and
pull the weights up and into your lower ribs. Think about driving your elbows back and together to maximize lat engagement. Lower the weights back down by extending your arms toward and floor and try to stretch out your lats at the bottom. Continue for the desired number of reps. Pro Tip: Instead of rowing straight up, angle the dumbbell slightly
towards your hip. This mimics the lats natural movement and reduces shoulder joint stress. Difficulty Progression Regression Regress
rows allow you to do a horizontal pulling exercise in a seated position, which takes some stress off your lower back. As this is a machine exercise, you can adjust the weights quickly and easily, making it ideal for pyramids and drop sets. Seated Cable RowsHow to do it: Attach a straight bar or parallel grip handle to a low pulley machine. Sit on the
machine with your knees slightly bent. Grab the handle into your abdomen and then straighten your reps, the weight is probably too heavy! Pro Tip: After pulling the handle towards
your abdomen, slowly return to the starting position with a controlled eccentric (3-4 seconds). This maximizes time under tension, stimulating greater muscle growth. DifficultyProgressionRegressionBeginnerSingle-arm variations, change grip (wide, close, neutral)Inverted rows. Inverted rows.
AMRAPSmith machine, suspension trainerLats, biceps, traps, rhomboids, rear deltoidThis rowing variation puts very little stress on your feet or changing the
angle of your body. How to do it: Using a Smith machine or squat rack, set the bar and hold it with a wider than shoulder-width overhand grip or a narrower underhand grip. Lean back so your arms are straight. Lift your hips off the floor so that your weight is a TRX. Sit under than shoulder-width overhand grip or a narrower underhand grip or a narrower underhand grip or a narrower under than shoulder-width overhand grip or a narrower under that the shoulder-width overhand grip or a narrower under that the shoulder-width overhand grip of the shoulder-width overhand grip or a narrower under that the shoulder-width overhand grip or a narrower under the shoulder-width overhand grip or a narrower unde
supported by your arms and legs only. Bend your arms and pull your body up to the bar. Extend your arms and repeat. Pro Tip: Dont just pull yourself up; actively drive your elbows down towards your ribs. This cue better engages the lats and helps you avoid over-reliance on biceps and traps. Difficulty Progression Regression Beginner Elevate feet,
 weighted inverted rowUse a higher bar/surface, assist with bandsBest Lat-Focused Workout For HypertrophyUse the following workout to build the coveted V-taper: ExerciseSetsRepsRestDeadlift34-62-3 minPendlay Row46-81-2 minLat Pulldown38-121 minSingle-Arm Dumbbell Row38-12/arm1 minInverted Row3As Many Reps as Possible (AMRAP)1
minLatissimus Dorsi AnatomyBack Anatomy MusclesWhile you dont need a degree in functional anatomy to build bigger lats, it may be helpful to know a little more about this massive muscle, which tells you (in Latin!) where your lats are. The lats basically
connect your arms to your torso and, as such, they control several upper arm movements. The functions of the lats adduct the shoulder joint, meaning they pull your upper arms down and into your sides, such as during lat pulldowns or wide-grip
front of your humerus. As such, when they contract, they turn your upper arms inward. Doing a front lat spread pose is an example of this movement. To develop your lats fully, you need to perform exercises that involve shoulder adduction and shoulder extension. This means your workout needs to include vertical AND horizontal pulling
exercises. More on Latissimus Dorsi: Wrapping Up Bodybuilders have a saying; if you want to grow, youve got to row! And while rowing exercises are crucial for building a bigger, more muscular back, so too are vertical pulling exercises are crucial for building a bigger, more muscular back, so too are vertical pulling exercises are crucial for building a bigger, more muscular back, so too are vertical pulling exercises are crucial for building the best back possible, make sure you attack it of the best back possible and the best back possible are crucial for building the best back possible are crucial for building a bigger, more muscular back, so too are vertical pulling exercises are crucial for building the best back possible are crucial for building the back possib
extensor muscles, the lats primarily have the job of helping lift the arms up as they lengthen and reach. The lats are involved in other important functions beyond shoulder extension as well, including internal rotation of the torso and supporting core stability. If you ever perform pulldowns, rows or lifting exercises for your shoulders using a resistance
band or machine, chances are youre already actively engaging and strengthening your lats. However, its common even for athletes to wind up developing tight latissimus dorsi muscles due to overuse or too little stretching, considered to be a major cause of both chronic shoulder and lower back pain. For those who arent already performing strength-
training moves, the lats and back are key areas to focus on. According to a report in the Journal of Orthopedics, Because the latissimus dorsi connects the spine to the humerus, tightness in this muscle can manifest as either sub-optimal glenohumeral joint function (which leads to chronic shoulder pain) or tendinitis in the tendinous fasciae connecting
the latissimus dorsi to the thoracic and lumbar spine. Considering the main function of the latissimus dorsi muscle is to assist in movement of the arms and protection of the spine, just about everyone can benefit from incorporating lat exercises into their day to help with improving balance, stability, range of motion and upper-body strength. AdWhat is
 the latissimus dorsi? The two latissimus dorsi muscles located in the center of the back are large, flat, generally strong muscles that are posterior (next to) to the trapezius muscles and support overall strength and stability of the whole trunk. Since the lats are connected to the
arms and upper back, they help hold the back upright, can play a part in preventing slouching and are used to maintain good posture. The bottom of the lats extend to the tops of glutes, near the tailbone and lower back. Rotation or twisting movements in the back, plus raising the arms overhead, engage these muscles, making them important for
upper-body strength, balance and general coordination. Due to their size, strength and involvement in numerous motions of the body, exercising lats and being sure to stretch them enough are critical for maintaining range of motion and a healthy spine into older age. What do the lats do? There are three main muscle groups in the upper back: the
trapezius, latissimus dorsi and erector spinae. Heres an overview of the lats: Extension of the lats are also commonly used when people walk and swing their arms from side to side, since they keep the back and core upright. Adduction (movement of the shoulder toward the midline)
and transverse extension, which is also known as horizontal abduction. One of the most important jobs of the lats is allowing both arms to move the scapulae. Flexion when standing in an upright, extended position. This includes extension and
lateral flexion of the lumbar spine, helping both lengthen and contract the back muscles with movements upward and down. What are some of the key benefits of building strength and flexibility in this area include: 1. Maintaining strength in the shoulders, upper
back and armsYoure probably aware that the shoulders are one of the most utilized parts of the body, whether youre an athlete or just someone going about your day-to-day routine. The shoulders are involved in movements like lifting the arms overhead, holding up weights or heavy objects, reaching in front of or behind you, and functions like
catching, swinging, reaching and throwing. The lats help support many movements of the shoulder muscles, joints and bones and are engaged during many common shoulder exercises, like planks, presses, lifts and pulls. If you already suffer from shoulder pain, for example, due to factors that degenerate connective tissue, such as older age, rotator
cuff injury, osteoarthritis or overuse, studies suggest your symptoms and stiffness will likely only get worse if your lats/back become weaker. Stability through the core, which is important for posture, balance and preventing fallsBoth the lower back and the outer-middle part of your back (lateral back muscles) are part of your core, which means
both must be strong and flexible to support you as you stand upright. Poor posture due to a weak back is linked to many different problems, digestive issues, poor sleep and even tingling in the extremities. A strong core, all the way from the front of your body (abs) wrapping around
to your back, acts like a built-in girdle so youre protected as you sit, stand and walk throughout the day. Strengthening your lats will help keep your abdominal muscles pulled in tight, your shoulders pulled back, and your body from overall feeling tired or weak during the day. This keeps extra pressure off the lower back and is important for
maintaining balance, especially as you age. 3. Help with sports or exercise performance (including twisting and bending over. Your back muscles work together
with your obliques and abdominal muscles to support the spine and give you greater range of motion during all types of movements. If you play sports such as tennis, golf, gymnastics, swimming, rowing, football, wrestling or basketball, or you work out by running and/or brisk walking, a strong core is essential. Its also a great way to get rid of back
fat. Many of these activities involve lifting the arms, keeping the core stable, and having enough flexibility and balance to stay strong on your feet. About the latissimus dorsi region The latissimus dorsi region The teres major muscle is positioned
above the latissimus dorsi muscle. AdThe lats insert into the tubercular groove at the front of the humerus and are partially covered by the traps (the upper back muscles) and connect to the deltoids (the front, side and rear of the shoulder). Heres an overview of the structure and region of the body surrounding the lats: Lats originate from the iliac crest
located at the bottom of the spine by the hip bones. They connect to thoracolumbar fascia, tough membranes composed of three layers of tissue that cover the deep muscles beneath the back, which support the spine. Lats are supportive of inferior six thoracic vertebrae and inferior three or four ribs. They are supplied by the nerve roots that make up
the long thoracic nerve, specifically those called C6, C7 and C8, which run through the shoulders, biceps and trapezius muscles. One of the most commonly used antagonist muscle pairs in the human body is the pectorals/latissimus dorsi muscle pairing.
These antagonist muscles have opposing functions, helping create full range of motion. Agonists and antagonists usually exist on opposite sides near a joint, helping lower and lift. The deltoids and latissimus dorsi muscles lift and lower the entire arm at the shoulder joint. Common injuries that affect the latsReasons that you might have weak or
stressed lats include: Not lifting the arms overhead often enough, resulting in weak or stiff shoulders and armsDeveloping back pain include history of back injuries or disorders, smoking or using tobacco, being overweight or obese,
pregnancy, lack of sleep or sleeping in unsupportive positions, and having muscular tension due to anxiety/stress. Poor posture, which often causes low back pain and reduced range of motion Sitting for too long, such as at work for many hours of the day, which weakens the upper and mid-backInjuring the shoulders or low back, which prevents
adduction, flexion and extensionAlthough it doesn't happen very often, lat tears have been reported related to sports activities like rock climbing, wrestling, golfing, bodybuilding, gymnastics, basketball and others. What types of limitations or side effects can result from these lat-related injuries? While tearing or rupturing of the lats is rare, other
related pains are common and include: Shoulder pain: The latissimus dorsi connects the spine to the humerus, so weakness or tightness in the lats/mid-back can cause pain in the shoulder points and loss of upper-body functions. Sometimes this results in frozen shoulder points and loss of upper-body functions.
latissimus dorsi support the thoracic and lumbar regions of the spine, two areas that can develop pain due to factors like poor posture, forward head posture, a sedentary lifestyle (such as hunching over a desk all day) or due to impact and/or trauma. Back pain, whether mild or severe, is one of the most common complaints among adults and
experienced at one point or another by the vast majority of people. In many cases of low back pain, the problem can usually be traced back to not having a strong enough core, which can be overcome throughout the day, can do
wonders to help prevent persistent back pain and injury. Instability and muscular imbalances: According to Mens Journal, its not uncommon for men to have uneven lat strength, which contributes to loss of balance and pressure placed on the spine. Postural problems, including spinal abnormalities or injuries that stem down to the legs, along with
muscular compensations or inactivity put added pressure on the back. People of all ages experience poor posture, but youre especially at risk for dealing with side effects due to a weak back if you don't rest enough between workouts or youre sedentary, older than middle-aged or overweight. Exercises and strength training help reduce back pain by
increasing flexibility, reducing inflammation, improving posture and reducing muscular compensations/weakness in the pelvis or hips. Latissimus dorsi exercises and stretches at a gym or have little interest in attending some sort of strength-training or yoga class, you can practice simple bodyweight exercises and stretches at a gym or have little interest in attending some sort of strength-training or yoga class, you can practice simple bodyweight exercises and stretches at a gym or have little interest in attending some sort of strength-training or yoga class, you can practice simple bodyweight exercises and stretches.
home in order to build lat strength and improve overall flexibility. Regularly performing several full-body movements and key stretches will help alleviate core weakness, stiffness in the lower back and muscular compensations that extend down through your hips and legs. Do two to three of the exercises below, approximately one to two times per
week, for major body parts like the lats, Aim for 10-15 reps, unless otherwise stated. Follow with the two stretch moves afterward. Lat workout, are often best complemented by either a chest workout are often best ways to
engage the lats. You can either sit down on the machines bench or kneel on one or both knees (whichever helps you grasp the bar evenly above your head). Pull down on the bar evenly above your chest while keeping your back straight, and then raise the bar back to starting position. Lat pulldowns using exercise bands Utilizing an
inexpensive resistance band at home or the gym is a great way to improve latissimus dorsi strength, as well as strength in your shoulders and core. Start by anchoring a band to a stable high point, such as around a pole, and grabbing each end of the band using your hands. Begin with your arms straight and in front of your head, and then pull the
arms back to bend your elbows as you bring your hands closer to the front of your chest. Chin-upsUsing a pull-up bar, face and grab the bar with your palms overhead facing toward you. Your arms will be extended overhead in the starting position. Keep your torso as straight as possible as you lift and pull your torso up until your head is around the
level of the bar. From this contracted position, slowly lower your torso back to the starting position until your arms are fully extended overhead again. Breath, and repeat for about five to 10 reps. If this is too difficult for you, try using a machine, sit with your feet for some assistance or a pull-up assist if available. Seated rows Using a machine, sit with your feet for some assistance or a pull-up assist if available.
knees bent so your shoulders are level with the machine handles and your back straight. With a handle in each hand, sit tall, and pull the handles toward you as you bend the elbows and move the shoulder blades together. Return to starting position, and repeat. Dumbbell one-arm rowsStand near one side of a bench, and place your opposite knee and
palm flat on the top of the bench. Keeping your arm on the bench straight and torso horizontal while you bend over, hold a dumbbell in your hanging hand. Lift the dumbbell up toward your crest while bending the elbow, and then lower and repeat. Squeeze your belly in, and try to use strength and go slowly in both directions, rather
than just relying on momentum. Laying trunk lifts (aka supermans) Laying down on the floor with your fingers interlaced behind your head, lift your chest and shoulders off the ground to engage your back. You can either keep your ankles/feet anchored to the floor by placing them under a bar or having someone support you, or lift the toes
slightly. Raise and lower about five to 10 times, going slowly and breathing. Be careful not to overextend or yank your neck. Yoga chair pose (held squat) Place your feet together so your big toes touch, and then lift your arms above your head, bringing the palms to face inward. Imagine a chair behind you thats ready to catch your hips as you bend your
knees and sink your pelvis down and backward. Tuck your tailbone down, and keep your arms extended overhead while trying to maintain a straight back. Hold for five to 10 breaths as you lengthen on your exhales. Lat stretches Standing overhead reachAlthough theyre simple to stretch (you
only need to extend your arms overhead), the lats are commonly neglected during most post-workout cooldowns. To gently engage and stretch your lats, stand upright with your reach for 10 to 30 seconds at a time, continuing to
lengthen the rib cage up and tucking the tailbone down. Cat-cows or kneeling arm stretches you can repeat the same type of arms-overhead to touch the floor as you extend your shoulders and engage your back muscles. Do this while keeping
your hips either lifted or down near your heels. Hold the stretch for 10 to 30 seconds while breathing deeply to soften your muscles. In yoga, this is known as childs pose if your hips stay low to the floor or puppy pose if your hips stay lifted. You can also try other yoga poses by staying kneeled down on your shins while breathing through cat-cow
movements. Do these as you stretch the back in one direction upward by lifting your chest and tailbone, then down toward the ground as you reverse. Precautions of the lats or other parts of your back start to feel pain during your workout or pain increases afterward and lasts more than two to three days, back off from exercising the area, and rest for
at least several days. Begin exercises slowly, and dont overdo stretches. If you feel throbbing, stiffness or notice swelling extending up to the upper body, avoid resistance training involving the painful areas, and consider seeing a doctor or physical therapist for advice. Final thoughts a throughts a throughts a throughts a throught areas, and consider seeing a doctor or physical therapist for advice. Final thoughts are large muscles located in the
upper-mid back that help support movement of the arms. Functions of the lats include extension of the arms and shoulders overhead or backward and downward, plus core/trunk stability. The lats can become weak or stressed due to being overweight, sedentary, overtraining with lack of stretching or degenerative issues like arthritis. This can cause
chronic low back pain or shoulder pain in some cases. Exercises for the lats include pulldowns, presses or pulls, supermans, and dumbbell lifts. You might not think of the lats from all angles. After all, its the biggest and broadest muscle of your
upper body. And while a wide set of lats is impressive looking, the muscle also plays a major role in fitness and athletic performance. So, needless to say, for both aesthetics and performance reasons, its important that you give your lats the attention they deserve. And that's where we come in. In this article, we have compiled the 14 absolute best lat
exercises for you (plus bodyweight lat exercises you can do at home). Moreover, we are going to explain literally everything that you need to know about developing your lats to their fullest potential. Table of Contents: What Is The Latissimus Dorsi Muscles 14 Best Exercises To Strengthen Latissimus
DorsiProgramming Tips For Lat MusclesBest Lats WorkoutBest Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi At HomeBenefits of Performing Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without Exercises For Latis Wi
referred to as the lats, is a big, flat, triangularly-shaped muscle that covers the width of your middle and lower back. You, of course, have two latissimus meaning broadest and dorsum meaning back. The name perfectly describes the muscle. It is the largest and
broadest muscle of your back. In fact, its the largest muscle in your entire upper body. When people say build back width, they are referring to the latissimus dorsi arises from the spine (T7 all the way down to the L5 vertebrae), thoracolumbar
fascia and lower part of the scapula and inserts into the humerus (upper arm bone) underneath the bicep. You can feel your lower back. Only a small part of the lat is covered (by your lower traps) right in the center-middle part of your
back. Function of the latissimus dorsi The main function of the latissimus dorsi is adduction, horizontal abduction, as well as internal rotation of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction: Lowering your arm toward your body from the side (i.e. wide grip pull
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ups)Horizontal Abduction: Moving your arms out to the side (i.e. rows)Extension: Lowering your arm straight down from a raised position (i.e. lat pushdowns or swimming)Internal Rotation: Bringing your arm towards the midline of your body (i.e. arm wrestling)Its a super strong muscle that facilitates movements of the arm when your torso is fixed
and vice versa. The lats also assist in keeping your scapula against your thorax during upper arm movements, as well asother stability roles for your spine. It should be noted that most movements powered by the latissimus dorsi also concurrently recruit the teres major, posterior deltoids, long head of the triceps brachii, and other shoulder and
scapular stabilizer muscles. Moreover, most compound movements of the lats involve elbow flexion, which means the biceps and forearms will be involved (which is why back and biceps are so often worked on the same day by bodybuilders). As such, there is no way to completely isolate the lats. Upper, Middle, Lower Lats: While the latissimus dorsi isa
single muscle and the entire latissimus dorsi activates for all of the aforementioned functions, certain movements alter which region of the muscle is at the greatest advantage (and thus activated the most). This is why the lats are often broken down into three parts in fitness, the upper, middle and lower lats. The upper lats are at a biomechanical
advantage during movement that involve shoulder adduction. The middle lats are at a biomechanical advantage during movements that involve shoulder extension. This is why a variety of exercises based on each of these types of
actions is important for full and equal development of your lats as a whole. All in all, your lats are a very big and strong muscle that is involved in pretty much every pulling exercise (to some degree, often a high degree) and even
pushing exercises.14 BEST LATISSIMUS DORSI EXERCISESThere is an endless assortment of build your back and lats. But, these exercises are the absolute best latissimus dorsi strengthening exercises. We will categorize the exercises are the absolute best latissimus dorsi strengthening exercises. We will categorize the exercises are the absolute best latissimus dorsi strengthening exercises.
emphasized region of your lat (upper, middle or lower) where necessary. As not everyone has access to the same equipment, for certain exercises for home (without equipment). So, if you want to build your lats purely with bodyweight
exercises, skip through these 14 latissimus dorsi gym exercises. VERTICAL PULLSVertical pulls are pull ups, chin ups, and lat pulldowns. All vertical pulls emphasize the lats, which is why we are starting here. While vertical pulls are categorized by
pull ups, chin ups, and pulldowns, different grips and equipment can be used, which is why we have more than just 3 exercises. And as we mentioned, grip makes a big difference, so this is not just redundancy. 1. Wide Grip Pull Up: The wide grip overhand pull up is the hardest pull up variation you can do. Moreover, it hones in very well on the
lats. Essentially, the wider your grip, the less help your lats get help from other muscles, including your biceps and forearms. Its about as isolated as a lat exercise is going to get. In terms of the lats will be activated most. Form Tips: Dont go too wide, your
arms should make a Y from the starting, hanging position. And if this is too hard, bring your hands in closer, you will still get great lat activation. Be sure to keep your body slightly. THEN, pull yourself up by pushing your elbows down toward your
body. Stop when your chin is above the bar and your chest is as close to the bar and your chest is as close to the bar and your shoulders round forward. Your head should remain straight forward at all times. Use a full range of motion each rep for best results and lat development (go all the way down and all the way up!) Weighted Pull
UpsWhen you are able to do 3-4 sets for 10-12 reps of wide grip pull ups, its time to add some weight. Use a dip belt and connect a plate (start light) and repeat. Weighted pull ups is a must if you want to keep progression rolling. Its far better
than doing countless reps with just your bodyweight. Related: Pull Up Alternatives 2. Close Grip Chin Up: Unlike the wide grip pull up, the close grip chin up is more of an all around back exercise, as many other back muscles, as well as your arms, are going to be able to help power the movement. That said, we love the close grip chin up because it is
different. With a close grip chin up, the movement involves more shoulder extension, which means your lower lats (and mid lats) are going to be activated to a higher degree. Form Tips: Position your shoulders are packed down and away from
your ears (at all times) then pull yourself up until your chest touches the bar. Hold the top position if you can for a moment, then slowly lower yourself down to a full hang. Really feel your lats squeezing as your pull yourself up. Weighte. Try to use a
weight that brings your down to 5-6 reps then work your way up to 10-12 reps before increasing the weight more. The same form rules apply when weight is added, no cheat reps!Related: Pull Ups & Chin Ups For beginners who cant do pull ups (or not enough for adequate volume), there are two ways
that you can do pull ups. You can use a pull up assist machine or bands. Alternatively, you can use the dead hang to build upper body strength before moving on to a full-fledged pull up assist machine, test out the weight assistance.
Eventually, you will be ready to do bodyweight pull ups (and chin ups). We recommend doing pull ups and chin ups when you can start with a heavier band or multiple lighter bands and then as you progress either use a lighter band or remove a band. The
total resistance that a band has is the total assistance you will get. So if a band has around 80lbs of assistance and a black band with 50lbs of resistance at the same
time, thats 85lbs of total assistance). Note: Use the same form as you would with bodyweight pull ups! Teach yourself how to move correctly right from the start. Related: Pull Up Progression Plan To Master The Pull Up3. Wide Grip Cable Lat Pulldown: The wide grip lat pulldown is the cable machines version of the wide
grip pull up. It works your arms in the same way (shoulder adduction), so the emphasis is on your lats, with your upper lats receiving the greatest demand. Now, you might be wondering, why do pulldown is great in addition to pull ups. First, the pulldown allows
you to increase the volume (remember, your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion.
possible.Lastly, pulldowns are a good option for beginners who have trouble with pull up, you want to keep your torso as upright as possible. Your arms should make a Y from the starting position, so lower the seat if needed. You want to
feel a stretch in your lats at the bottom. Start the movement by bringing your shoulder blades down and together, then push your elbows down to your side as you pulldown on the eccentric phase (the upward motion). Related: Lat Pulldown Alternatives 4.
Close Grip V-Handle Lat Pulldown: The close grip lat pull down with a v-handle puts your hands in a neutral grip and allows you to keep your elbows tucked, which means the movement involves a high degree of shoulder extension. With this variation, you should be leaning
back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown incorporates more muscles, so it will allow you to use a heavier load, in addition to the leaning motion of your torso. Furthermore, comparing to the traditional lat
pulldown, you will have a considerably greater range of motion with this exercise. With that, its a great exercise for building STRONGER more mobile lats, not just bigger lats. Form Tips: Use a v-bar handle. Start with your arms fully extended and your torso upright. Brace your core and keep your head straight. Pulldown using your lats first and
foremost. Keep your focus on your lats. As you pulldown, lean back slightly. Your body should make a 30-45 angle from the starting upright position. Move very slowly on the eccentric phase to really maximize the effectiveness of this exercise and the stress on your lats. Close Underhand Grip Pulldown You can also get a similar effect by using a close
underhand grip with the straight pulldown bar. Plate Loaded Pulldown for different angles too, enabling you to stress different regions of your lats. This one is kind of like a mix
between a pulldown and a row.5. Cable Crossover Lat Pulldown:Whether you dont have access to alat pulldown machine or you simply want to change things up, the cable crossover machine lat pulldown is an awesome variation to hone in on your lats. The biggest difference with this variation is your grip position. Your arms are going to be very wide
and your hands will be in a neutral position. This makes it really great for your upper lats (shoulder adduction) and teres major. Not to mention your lats. You can really optimize tension with this one. Form Tips: Set up the cable crossover machine at an
appropriate height so that your arms are fully extended and you have a stretch in your lats when in the tall-kneeling position. Use stirrup handles. From the tall-kneeling position with your arms fully extended in a neutral grip, brace your lats
to power the movement. Squeeze at the bottom the best you can to maximize contraction tension. Move slowly on the eccentric phase until your arms are fully extended and you have a stretch in your lats. This will allow you to maximize contraction tension. Single Arm Cable Crossover Lat Pulldown: The final lat pulldown on our list is the single arm
lat pulldown using a cable crossover machine. For this one, you are positioning your body so your working sides shoulder extension, and thus work your lower lats more. Another reason this exercise is good is that you can focus on just one side at a time, which can help you iron
out muscle imbalances and asymmetries. Moreover, you canmaximize range of motion with this one. Note: Being that this is a half-kneeling position, not only will your back be working, but your glutes will too for stability purposes. Half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning.
kneeling stance with your working sides shoulder in line with the pulley handle. The handle in the starting position, your arm is fully extended and you have a stretch in your lats. Use a neutral grip. Pull your arm straight down, moving your elbow in a straight path. At the end range, your elbow
should be tucked to your side. Squeeze your lat at the bottom and then slowly return it back to the starting position with your arm fully extended. HORIZONTAL PULLSHorizontal pulls are rows, seated cable rows, t-bar rows and single arm dumbbell
rows (aka Kroc rows). There are many different types of rows and equipment that can be used to perform rows. Depending on the type of row and your grip position, you can target different muscles in your back. Obviously, we are going to focus on the rows that best hit your latissimus dorsi. 7. Underhand Bent Over Barbell Row: The bent over barbell rows that best hit your latissimus dorsi. 7. Underhand Bent Over Barbell Row: The bent over barbell rows and equipment that can be used to perform rows.
row is the king of rows. It is the row that allows you to lift the most weight and is definitely the best option for building serious back and pulling strength, as well as packing on muscle. With bent over hand grip. While both underhand and overhand grip. While both underhand and overhand grip. While both underhand and overhand grip that allows you to lift the most weight and is definitely the best option for building strength, as well as packing on muscle. With bent over hand grip that allows you have two main grip that allows you have that
underhand row is lat centric (middle and lower), whereas the overhand row is more for your upper back, targeting yourtraps and rhomboids. As such, we have are displaying the underhand bent over row (aka reverse grip bent over row). Form tips: Put a slight bend in your knee and push your hips back (high hip hinge) then lean your torso forward so
your body is just above parallel with the floor. Your spine should be straight (no arch in your hands positioned about shoulder width apart (just outside of your hips). While maintaining the bent over position, row your arms straight back until your arms are fully flexed and the bar touches
your abs. Slowly lower the bar back down until your elbows are in full extension. Yates RowThe Yates row was created by Dorian Yates, who is known for having a very impressive back. It is a variation of the underhand grip bent over row. Basically, it is the same thing, but you position your body with your torso more upright (about 30 downward from
the upright position). You will still be pulling the bar toward your abs. The benefit of the Yates row is in hits your upper back well too and you can lift more weight. More weight is always ideal for building overall strength and muscle as well as boosting androgenic hormones. This exercise will directly translate to bigger deadlifts. Smith Machine
Underhand Bent Over RowThe smith machine is a good option if you want to focus on good form and isolation of the lats when doing bent over rows. Dumbbell Underhand Bent Over RowYou can use dumbbells for bent over rows. This
can help youfix muscle imbalances. Furthermore, with dumbbell bent over rows, you can have a greater range of motion on the concentric phase, maximizing the squeeze at the top of the row. Note: You can also use a neutral grip with dumbbells. EZ Bar Bent Over RowThe only real benefit of the EZ bar for bent over rows is it is a little easier on your
wrists as you can position them in a more natural way (slightly neutral).8. Pendlay row was created by Glenn Pendlay, an Olympic weightlifting coach. This is a great power and strength exercise for the back muscle, with one of the main movers being the lats. A big difference between the Pendlay row and the normal overhand bent
over row is that the Pendlay row uses a wider grip (so your arms are more flared and the main action is horizontal abduction - middle lats). In addition, you row the barbell up to your upper abs/lower chest, rather than your lower/middle abs, bringingthe barbell down to the floor for each rep, and movingthe barbell quickly and explosively off the
floorevery time. Overall, it is a pure back builder, so its going to work all the muscles of your back. Its great for your latissimus dorsi. Form Tips: Get into a bent over position with your body parallel to the floor. Grab the bar with an overhand grip and your hands
positioned wider than shoulder width. With the barbell on the floor, row it up to your upper abs/lower chest in an explosive manner, but keep good form. Bring the barbell back as slowly as you can to the floor (dead stop on the floor). The Bar Row: The T-bar row with a v-handle is an extraordinary exercise for building a thicker wider back. Your body
positioning, grip, and the load positioning is what separates it from the bent over barbell row. With the t-bar row, you will have a greater range of motion, you can use a heavy load, and overall it hits your lats a bit differently. Its very effective at activating the low central region of your lats. Form Tips: Stand over the bar with a wide stance. Get into a
bent over position with your spine straight and chest up. Your feet should be positioned around 8-12 inches behind the plates. You can practice with the bar unloaded or with light weight first to get your feet should be positioned around 8-12 inches behind the plates. You can practice with the bar unloaded or with light weight first to get your feet position down. Your arms should be fully extended in the starting positioning. Contract your glutes and core and pull the weight towards your
upper abdomen. Squeeze your lats at the top and then very slowly lower the bar back (as well as your grip strength), but in terms of the lats, it does a really good job of activating them through a wide range of motion. It also enables
you to focus on one side at a time with maximum weight. This is a great lat exercise with dumbbells to build your wings. Besides being an excellent exercise for your latissimus dorsi, its really a good overall upper body exercise for your latissimus dorsi, its really a good overall upper body exercise. Its going to work your core significantly through stability, anti-rotation demands and your biceps and forearms. Form
Tips:Place your right hand and right knee on the bench with a dumbbell in your left hand (neutral grip) and your left leg in line with your hips. So about a 15 angle from parallel (for the Kroc row). With your left arm fully extended, pull your elbow back and up until
your elbows are fully flexed. You can use momentum with Kroc rows (which allows for heavier weight). Squeeze as best your can at the top, then slowly lower your arm to full extension. Be sure to keep your core and hips engaged at all times to avoid leaning. Your hips and torso must be squared forward throughout the exercise. 11. Seated Underhand
Rows: You can do seated underhand rows with either a cable crossover machine or a row machine (some use a cable pulley system, some use plates). The seated underhand row is just like the barbell bent over row in terms of how the lats are targeted, but it allows you to take your lower back out of the equation. Thus, it is more of a lat
isolation row exercise...or at least as isolated as its going to get.While you can do overhand and underhand rows for your lats, the underhand grip is going to allow for better lat activation, but we still recommend doing both grip variations. Form Tips: Position yourself so your torso is perfectly upright. When holding the handle (with your underhand rows for your lats, the underhand grip is going to allow for better lat activation, but we still recommend doing both grip variations.
grip), your arms should be fully extended, so if you need to sit back more, do that. Pull your elbows back as far as you can (your arms should be fully flexed in the end range). Dont lean your lats, then slowly return your arms to full
extension. Here is an example of another machine for seated chest supported rows. We recommend lifting the seat so that you are rowing to your lower ab level for best activation of the latissimus dorsi muscle. Related: Best Cable Back Exercises 12. Underhand Inverted Rows: The inverted row is essentially the pull up of rows, albeit its easier than a pull the pull up of rows.
up. In addition, it is a bodyweight exercise, so its great for those who do calisthenics or bodyweight training. Even bodyweight training. Even bodyweight exercise, so its great for those who do calisthenics or bodyweight training. Even bodyweight training. Even bodyweight exercise, so its great for those who do calisthenics or bodyweight exercises. But its not just for bodyweight exercise and back to full exhaustion. And while it may look easy, when done
properly, it is quite challenging. You should be using a full range of motion. Moreover, difficulty can be increased by bringing your feet off the floor onto a bench. As for grip, we chose the underhand grip as
it better targets the lats, as youve probably gathered by now. The good thing about using a smith machine is that you can set the bar to different heights, allowing you to make the movement easier or harder. The closer your body is to parallel with the ground, the harder it will be. Form Tips: Get under the bar and use an underhand grip with your
hands about shoulder width apart. Move your feet out so your body is completely straight. Place your feet up on a platform if you want to increase the difficulty. With your arms fully extended, retract your shoulder blades then pull your elbows down to lift your body toward the bar. Row your body up all the way until the bar touches your upper
abs/lower chest. Very slowly lower your body back down until your arms are in full extension. Note: While this inverted row is demonstrated using a smith machine, which is what most people will use in gyms, you can do a similar set up at home using a couple of chairs and a beam of some sort positioned on top of them (we will show you what we mean
in the home lat exercise section soon to come). SHOULDER EXTENSION (PUSHDOWNS & PULLOVERS) While rows and pullowers are essential for full development of the lats.
Remember, shoulder extension is one of the main responsibilities of the lats. That said, lat pushdown, also called a pullover, is
the first lat exercise up till now that has no elbow movement. Your arms will remain straight for the entire exercise (a slightly bend in your elbow is ok). This movement is purely shoulder extension. It is essentially a lat isolation exercise that is particularly good for the lower central region of your lats. Form Tips: Set up a cable pulley machine with a
straight bar attachment. Bring your hands a little wider than shoulder width apart. Step a few feet away from the machine so that in the starting positioning with your arms fixed, push the bar down toward your hips. Flex your back at the bottom hard then
very slowly return your arms to the starting position. Another way to do the cable pushdown is to start with a slight bend in your knees, your hips to neutral) while pressing your chest up proud and squeezing the heck out of your
lats. Seated Incline Lat Pushdown This is another variation of the lat pushdown. This one is worth trying out to see if it does a good job of allowing you to really focus on your lats. Essentially, with the backrest, you can be sure you have no movement at your torso. To do this one, position an incline bench so that it is facing away from the machine. Sit or
it, then grab the straight handle overhead behind you at about shoulder width and pushdown with your arms fixed as seen in the pic.14. Lat Pullover is similar in terms of movement pattern. It is also a purely shoulder extension movement. The big advantage of the pullover is that you can overload with more weight during the
stretching phase of the lift. That said, your lats become less activated as the weight moves over. So, unlike the pushdown, which is a lat isolation exercise, the pullover is a lat and upper chest exercise. As for equipment, the dumbbell pullover is the most popular, but we find the barbell gives better lat activation due
to grip and hand positioning. You can try both to see what works best for you. Form Tip: You can do this exercise two ways. One is with your back lying off the side of the bench (just your upper back on the bench). The dumbbell variation below shows the latter. To start, hold a barbell or EZ bar
with an overhand grip at shoulder width. Then bring the bar straight, with just a slight bend in your arms fixed, pull the bar over until your arms are straight, with just a slight bend in your arms fixed, pull the bar over until your arms are straight.
up above your chest. Use your lats to power the movement as you pull from the bottom up.Lower your arms in a fixed position at all times. This movement is simply shoulder extension/flexion. No elbow movement. Dumbbell PulloverThe
dumbbell pullover with this body positioning allows you to better target your lats rather than your chest. So we recommend positioning yourself off the back like the barbell pullover above. Programming Tips For Lat MusclesIf you want to build your lats fast (or at least as fast as humanly
possible), there are a few things you need to consider: Type of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 1) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 1) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 2) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 2) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 3) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 3) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 3) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 4) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 4) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 4) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 4) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of these points. 4) Types of Exercises & Variety Volume Intensity Progression DietLets go over each of the Exercise & Variety Volume Intensity Progression DietLets go over each of the Exercise & Variety Volume Intensity Progression Diet Details (i.e., pull the Exercise & Variety Volume Intensity Progression DietLets go over each of the Exercise & Variety Volume Intensity Progression DietLets go over each of the Exercise & Variety Volume Intensity Progression DietLets go over each of the Exercise & Variety Volume Intensity Progression DietLets go over each of the Exercise & Variety Volume Intensity Progression Diet Details (i.e., pull the Exercise & Variety Volume Intensity Progression Diet Details (i.e., pull the Exercise & Variety Volume Intensity Progression Diet Details (i.e., pull the Exercise & 
want well-developed lats, you need to do all three of these types of movements, as each one targets the lat muscle differently. Whats more, you need to consider the way your arm is moving, or in other words, the action of your shoulder joint, as that will determine which region of the lat is being worked more or less. Shoulder adduction targets the
upper lats best (i.e. wide grip pull ups), horizontal abduction targets the middle lats best (i.e. rows), and shoulder extension targets the lower lats best (i.e. pushdowns). Depending on your grip and angle of your body, the action of your shoulder joint can change, which in turn means your back muscles are worked differently. Grip positioning plays an
the movement act more on shoulder extension. So, with the same bent over row, you can target your middle or lower lat more simply by changing the grip. The same is true for vertical pulls. With wide grip pulldowns or pull ups, the movement acts
on shoulder extension. This is why variety is key. By changing grip and performing vertical and horizontal pulls as well as shoulder extension based movements, you will be able to develop your lats as fully. Now, it should be noted that no matter what lat exercise you are doing, your entire latissimus dorsi will be working. You CANNOT isolate your
upper, middle, or lower lats. Again, its just certain regions will be activated more or less. Certain movements also do a better job of activating the lat as a whole, too.2) Equipment: Equipment plays into variety as well, whether you just want to change things up to stress your muscles differently (i.e. use dumbbells rather than a barbell to work each side
independently and iron out muscle imbalances or do seated rows rather than bent over rows to take your low back and legs out of the equation a bit) oryou just dont have access to certain equipment. All that said, some equipment is better than others for developing the lats. Most would say that the barbell is the best for rows, with dumbbells being a
close second, and pull ups being the best for vertical movements (weighted pull ups if you are strong enough). This is because they are the hardest and provide the most load potential. Be that as it may, other equipment like cable machines most certainly have their place, as we will explain when we demonstrate all the different variations. 3) Volume: By
 volume, we are referring to rep ranges and total volume. The best rep range for hypertrophy of the lats is 10-15 reps. You can even go higher depending on the exercise. If you want to focus more on strength, which you should too, lower reps are also good as well. The best rep range for strength will be somewhere in the 6-10 rep range, give or take. Its
important that you train for both strength and hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy rep ranges, as will strength. In terms of total volume (weekly sets + reps), your lats are a tough muscle. Think about how often you hear someone tell you they tore a lat. You
probably never heard that. The point is, your lats can handle more volume than many other muscles. So, if the optimal training volume doesnt mean anything without noting intensity, and by intensity, we mean weight load. Before we get into that,
its important to understand that the latissimus dorsi has an even ratio of slow and fast twitch muscle fibers, which means its going to respond best to moderate reps as well. So, again, you should be training with the well-rounded rep scheme we
mentioned above (6-10 and 10+). In terms of weight load, we cant say what will be right for you, but an easy way to know if the weight load is appropriate is to gauge the difficulty within that rep range. Essentially, if you are training
for hypertrophy and you are able to go well past 15 reps, then you need to up the weight load. The same is true for the strength rep range. Its really that simple. 5) Progression: You obviously cant keep the same intensity week in and week out. To build muscle and strength, you need to progressively make your workouts harder. This will ensure that
your muscles are being overloaded each workout so they are forced to adapt (grow and get stronger). The easiest form of progressive overload methods. Related: Progressive Overload Guide6) Diet:We arent going to
go too in-depth on this point, but you obviously need to eat enough food if you want your muscles to grow and if you want to have enough strength during workouts. When it comes to building up some big lats, you need to eat A LOT. Check out our 7-Day Meal Plan For Muscle Gain to get started! (7) Mind-Muscle Connection: None of the above about
exercising your latissimus dorsi will matter if you dont have a good mind-muscle connection with your lats. You need to be able to perform the exercises with maximum activation of your body like your chest. So, work on this
and the best way to do that is to really focus on contractionwith light weight when first starting out, and then progressing from there. HOW TO INCORPORATE LAT EXERCISES INTO YOUR WORKOUTSThis really depends on your training program. Its going to be different if you do a body part split comparing to a full body split or upper lower
split.Ultimately, the goal is to get around 15+ sets in per week. This includes vertical pulls, horizontal pulls, horizontal pulls, horizontal pulls, and pushdowns/pullovers. Since a lot of people do back days or pull days, here is an example of a well-rounded back workout that has plenty of lat volume. data table Exercise Sets Reps Weighted Pull Ups 36-12 Bent Over Barbell Rows 36-12 T-Bar
Rows38-15Lat Pulldowns310-12Lat Pushdowns310-15Rear Delt Flys315-20Not only will the be an effective workout for your lats, but your entire back as well. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work, add in some back extensions at the end. If you need a little additional erector work extensions at the end. If you need a little additional erector work extensions at the end. If you need a little additional erector work extensions at the end. If you need a little additional erector work extensions at the end. If you need a little addition extension exte
the week. Here are the 5 best training splits (with full routines), each of which will ensure you are getting enough work in for your lats. BEST LATISSIMUS DORSI EXERCISES AT HOME (BODYWEIGHT LAT EXERCISES) Whether you don't have access to equipment or you simply prefer bodyweight training at home, the below exercises are your best
option for developing and strengthening your latissimus dorsi muscle.1) Pull Ups & Chin Ups:Weve already discussedthe benefits of pull ups and chin ups are a must.2) Inverted Rows:Weve also already covered inverted rows,
but we used a smith machine above. You dont actually need a smith machine to do inverted rows (although it is arguably the best option due to your ability to change the height of the bar easily). There are many ways you can do inverted rows, from under a table to a set up with chairs as seen in the pic above. Figure out a good set-up and get them
done. This is going to be the best bodyweight row you can possibly do. Note: If you have a suspension trainer, you can use it for rows as well. These are very effective. 3) Towel Rows: Get a towel and anchor it to something at about chest height and perform rows! Its essentially like an inverted row but from a standing position (its easier, but if you use
high reps and volume, squeeze the heck out of your lats, and work on full range of motion, it can be effective for your lats). You can increase the difficulty with one arm towel increases stability, range of motion, and grip demand, so it is harder. 4)
Resistance Band Lat Exercises: With resistance bands, you can mimic all of the free weight exercises above. For example... Bent Over Rows Single Arm Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises as weve covered this in another post. Related: Resistance Band Row & Pulldown Variations Progressive
overload with bodyweight lat exercisesWith free weights and other equipment, you can progressive overload by increasing weight load. With body weight, the only way to do this is by using an external load of some sort like a weighted backpack or resistance bands. However, you can progression methods to increase intensity... You can
increase reps and volume, decrease rest time, slow down your tempo, speed up your tempo, and do harder bodyweight exercises. Play around with these variables and you will be able to keep making your workouts harder, thus overloading your muscles to force them to continue adapting. It wont be as easy as with weights, but you can surely build
your lats in any case. BENEFITS OF HAVING STRONG WELL DEVELOPED LATSThe lats are an interesting muscle in that they play a small role in the average (modern) persons daily life, but they play a big role when it comes to athletics and fitness. Its not like your glutes or quads that are pretty active throughout the day (due to walking and
standing up regularly). With that, if you dont workout, your lats can easily be underdeveloped. Now, your lats are not completely unused during the day, as they are involved in things like pulling on a shirt, closing a cars trunk, and swinging your arms while walking, but this is obviously not enough. So, while the lats may notplay a big role in your daily
life, unless you are required to do things like climbing and swimming, if you plan to get into fitness or some sport, having strong lats is going to boost your lats are strong, then everything else will follow. Thats how big of a role they play in fitness. The main purpose of your lats, in a simplified manner, is to
provide shoulder strength and back strength and to help protect and stabilize your spine. So, the stronger you will be at a spinal and shoulder level (two of the most susceptible areas in the human body). Whats more, strength training
is also a form of dynamic stretching, so as long as you are using a full range of motion, as you are strengthening your lats, they will also become more flexible and mobile, which in turn will help you to move better. When it comes to lifting, having strong lats means you can deadlift, squat, bench press, overhead press, row and pull with heavier weight
and more intensity. This is not just important for all the muscles of your lats, but it is also important for all the muscles we mentioned that work with the lats, which are basically all of the muscles of your back, your deltoids, biceps, forearms, triceps, and pecs. Strong lats = a strong, well-developed, resilient upper body. In terms of aesthetics, the lats
are a crucial muscle to have well developed. With well-developed lats (and shoulders and pecs), you want to have an aesthetically impressive body, you need to develop those wings (evocative term for lats). Not only does it look great (on a
level so deep it is basically in our DNA), but it is also a clear sign of power (which is instantly recognizable). Note: Some people have a higher or lower insertion of the lats, which changes how their upper body tapers. But either way
you simply can't go wrong with big lats. Why are my lats so weak? Hearing all of these great things about the lats, you might be thinking, "damn my lats aremore like flats... why are my lats so weak? Hearing all of these great things about the latissimus dorsi can be weak and underdeveloped for a few reasons: You dont workout. You dont workout correctly (poor form). Other
muscles are overactive during lat exercises. The first one is an easy fix, just start working out and be sure to do a variety of pulling exercises from all angles (horizontal and vertical pulls + shoulder extension exercises). Check out our lat workouts for some additional inspiration. The other two need a little more understanding, which is why we are
here. If your form is poor (for example, you use too much traps and/or biceps for pulling exercises), then you need to pay attention to how to do each exercise and use lighter weight until you know how to activate your lats when performing them. If other muscles are overactive during your pulling exercises, and this is not due to poor form, then you
change the dynamics of the muscles worked, allowing you to hone in on your lats a little more. The good news is, your lats can (and will!) grow and get strongerusing the exercises we went over above. FAQsRemaininglatissimus dorsi muscle exercises we went over above. FAQsRemaininglatis above ab
definitely one of the more problem areas for beginners simply because its hard to engage them properly. It takes time to learn how to hone in on them and build that mind muscle exercises, with the right load, the right volume, and use progressive
GROW? If you follow everything below and stick with it, as a beginner, you can see some significant growth in 6 months. The lats are a little slower of a muscle to grow, similar to the legs. Being that the lat is so big, its going to take time to see some results. But if you stick with it and follow the information below, you can expedite the process of
growth.HOW TO WARM UP THE LATS BEFORE WORKING OUT? The best way to warm up your lats before working out are with some dynamic lat stretches and by doing lightweight resistance exercises with a full range of motion to get the blood flowing, increase body temperature, and optimize mobility. Some good warm up lat exercises are
lightweight pushdowns and seated rows. Resistance bands are also a great way to warm up. You can perform a few different resistance band rows and pulldowns before you get into the weights. Also, if you are doing heavy lifting, then start light and work your way up to your working set. For example, if your workout begins with bent over rows, do a
few warm up sets, increasing the load each time until you are at your working weight. What is the best lat exercises and see some fantastic results. So, if we are to narrow down the best exercises for latissimus dorsi, they would be:Pull Ups/Chin
Ups (Weighted If possible)Underhand Bent Over RowsLat PushdownsIf a beginner cant do pull ups or chin ups, lat pulldowns with the same grip would be the next best thing. With these three exercises, you will be working your lats through all of the main actions, so you can get full development. In terms of muscle activation, pull ups and chin ups and
bent over rows are shown to have the highest results with EMG studies, so while other exercises are good, these are the best. As you become more advanced, you will need to add more variety to your training, but if you are looking for somewhere to start, this is it. How can I train my lats without a pull up bar? If you dont have a pull up bar, you
obviously cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. With that, your bands. There are door anchors for this. All that said, we highly cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. There are door anchors for this. All that said, we highly cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. With resistance bands are the pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands are the pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands are the pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With that you can perform lat pull ups and chin ups. With the performance ups and chin ups and c
recommend getting a pull up bar or finding one at a park nearby and doing pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight later to the bar of the pull ups. Its the best body weight later to the bar of 
Up Bars for you to check out.Do push ups work latissimus dorsi?Like bench press, push ups will work your lats, particularly the middle lats, as the movement requires horizontal abduction. However, push ups are not going to be enough for the best possible lat development, so we highly recommend adding the above lat specific exercises into your
home workouts. Aredeadlifts a good lat exercise? Deadlifts are a must and they will do a great job of strengthening your lats as well, especially if you do wide grip variations of the deadlift. We didn't include it in your routine. With the lat
exercises above, you will see serious improvements in your deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play an important role in deadlifts over time as the lats play and the lats play an important role in deadlifts over time as the lats play and 
the concentric phase of lifting (squeezing of the muscle) is important, but the eccentric phase, you really shouldnt have an issue with your lats becoming tight as you will be dynamically stretching them as you workout. That said, your lats
can still become tight for one reason or another, and if they do, you should knowhow to stretch your latissimus dorsi? There are many different effective lat stretch, and the bent over lat stretch. Foam rolling is also important. Check out
exercises to the test! A few final pointers: Aim to work your lats twice weekly for muscle hypertrophy, allowing them to rest in between sessions, which is key for muscle recovery. It's also essential that you eat to build muscle, meaning you need to be in a small calorie surplus of 300 to 500 calories. Follow my workout advice and use these exercises for
the latissimus dorsi muscle, and massive wings are yours for the taking.Looking for an effective workout featuring many of these exercises? Check out our Best Lat Workouts For A Bigger, Stronger Back! Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12
pounds of muscle over 90 days...What are the best lat exercises? Scouring the web for the latissimus dorsi, happens to be the largest muscle in the upper body. Having strong lat muscles helps during exercises, including swimming, pull-ups,
chin-ups, and pulldowns. Exercises for lats are pretty straightforward and will help you strengthen and sculpt the widest muscle in your back and achieve optimal results along the way. Read on for some of the best lat workouts you can do to get the back muscles youve always wanted. The Best Lat ExercisesOur exercise lists are created by determining
the best exercises for muscle growth, core strength, and overall health and well-being. Heres our list of the 10 best lat exercises: 10. Landmine RowsGreat for: An anchored lats workout that burns and sculpts the back. How to do it: Place your barbell in a landmine Select your weight plate for the other end of the barbell Grip the handles of the V-bar
handle attached to the weighted endAlign your torso with the floor at 45 degreesPerform a row by lifting the weighted end of the bar towards your chest, and pauseRepeat as desiredWhy:The support of an anchored barbell means you can get a great squeeze in when
performing a landmine row, thanks to the balance and support of the anchor. When: Perform landmine rows in conjunction with other back exercises once or twice a week. Make sure youre focused on technique and engaging other support of the anchor. When: Perform landmine rows in conjunction with other back exercises once or twice a week. Make sure youre focused on technique and engaging other support of the anchor. When: Perform landmine rows in conjunction with other back exercises once or twice a week. Make sure youre focused on technique and engaging other support of the anchor. When: Perform landmine rows in conjunction with other back exercises once or twice a week. Make sure youre focused on technique and engaging other support of the anchor. When: Perform landmine rows in conjunction with other back exercises once or twice a week. Make sure your focused on technique and engaging other support of the anchor. When: Perform landmine rows in conjunction with other back exercises once or twice a week. Make sure your focused on the performance of the anchor. When: Perform landmine rows in conjunction with other back exercises once or twice a week. Make sure your focused on the performance of the anchor. When the performance of the
motion and consistent resistance. How to do it: Stand a few feet away from the lat machine cable, so theres tension when you grab the bar Slightly bend your elbows slightly bent a few feet away from the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your elbows and knees, and arch your back to activate the lat muscles Push the bar towards your hips while keeping your elbows and knees, and arch your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your hips while keeping your elbows and knees, and arch your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to activate the lat muscles Push the bar towards your back to a
and shoulder bladesSlowly lift the bar to the starting pointRepeat as desiredWhy:Pushdowns target nearly every muscle group in the upper body, from the lats, chest, triceps, and biceps. One movement that targets some of the most dominant muscles in the upper body what more do you need to know? Cable extension exercises are beneficial because
their movements offer a consistent level of resistance, allowing for maximum strength and muscle development. When: If you dont have a lat machine at home, prioritize lat pushdowns on the days, youre in the gym. Pushdowns are a low-impact exercise that wont add strain to your back or hips and can be completed regularly. Start with performing
pushdowns three times a week, a few sets of 8 to 10 reps, and watch your feet flat on the floorHold a single dumbbell in both hands above your headLower thead to the floorHold a single dumbbell in both hands above your headLower thead to the floorHold a single dumbbell in both hands above your headLower thead to the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your headLower thead for the floorHold a single dumbbell in both hands above your head for the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your feet flat on the floorHold a single dumbbell in both hands above your floor floo
dumbbell behind your head, slowly towards the floorWhen you feel your chest tighten and stretch, slowly move the dumbbell back above your headRepeat as desiredWhy:Lat exercises that hit two other major muscle groups? Sign us up. Thats precisely what dumbbell back above your headRepeat as desiredWhy:Lat exercises that hit two other major muscle groups? Sign us up. Thats precisely what dumbbell back above your headRepeat as desiredWhy:Lat exercises that hit two other major muscle groups? Sign us up. Thats precisely what dumbbell back above your headRepeat as desiredWhy:Lat exercises that hit two other major muscle groups? Sign us up. Thats precisely what dumbbell back above your headRepeat as desiredWhy:Lat exercises that hit two other major muscle groups? Sign us up. Thats precisely what dumbbell back above your headRepeat as desiredWhy:Lat exercises that hit two other major muscle groups?
weight over your head towards the floor isolates the lats, making this one of our favorite latissimus dorsi exercises. When: If youre a beginner, start with a weight that feels comfortable lowering over your head. Complete a few reps there, and aim to do two or three sets of 8 reps total. Were big fans of the dumbbell pullover because all you need is a
bench and a dumbbell; they can be performed in a small space or with minimal equipment, and youll still get a great lift in.7. Seated Cable RowsGreat for:A versatile compound exercise that works the back and armsHow to do it:Sit on the cable machine and bend your knees, resting your feet flat on the platformPull the handle towards your lower
back, bending your elbows and keeping your back straightAs you row, squeeze your shoulder blades togetherBring your arms straight back to the starting position; cables should be under tension the whole time you are rowingRepeat as desiredWhy:Seated cable rows are a top choice latissimus dorsi exercise due to the pulling movement they offer
while simultaneously hitting the biceps and hard-to-hit triceps. The rowing movement teaches our body to engage the core and keep a strong back while pulling anything towards the chest, from a workout to normal daily activities. Strong back while pulling anything towards the chest, from a workout to normal daily activities. Strong back while pulling anything towards the chest, from a workout to normal daily activities.
performed whenever youre at the gym, and your back and arm muscles are activated and ready for work. This exercise is versatile enough that you can complete it during any workout involving the arms, chest, back, or core. 6. Chin-UpsGreat for: Building definition and strength in the lats, biceps, rear delts, core, and more. How to do it: Hang from a
pull-up bar with an underhand (palms facing you) grip with your hands less than shoulder-width apartBend your elbows and pull your chest to the barHold at that spot, then slowly lower yourself back downRepeat as desiredWhy:Chin-ups are an excellent upper body workout because they target a variety of muscle groups without overstraining them
individually. Chin-ups are essential to building strength in the biceps and other muscle groups in the arms and back. Theyre great lat exercises and will have you feeling it after just a few reps. Some claim that chin-ups are easier than pull-ups. Dont be fooled! When: If you are just getting started with chin-ups, there are a lot of great variations you can
start with to get accustomed to the exercise and what it requires from your muscles. Start small, with three to five reps, and go from there. 5. Pull-UpsGreat for: Targeting all the same muscles as chin-ups, with better grip control. How to do it: Hang from a pull-up bar with an overhand (palms facing outward) grip with your hands shoulder-width
apartBend your elbows and pull your chest to the barHold at that spot, then slowly lower yourself back downRepeat as desiredWhy:Pull-ups offer their own set of challenges, particularly because the overhand grip removes the biceps from the equation. Without the support of the biceps, the lats have to do much more work to pull your body
upwards. For the best workout for the lats, try to widen your grip as much as possible while still effectively completing a pull-up. The wider the grip, the more isolated the lats are, and the harder they have to work. When: To increase strength and muscle size, we recommend taking a rest day after completing a workout that involves pull-ups. Try for
three days a week and re-evaluate after a few weeks of this routine.4. Lat PulldownsGreat for:A clean, simple move to focus on the lat muscles. How to do it:Sit at a lat pulldown machineSettle your grip around shoulder-width distance apartEngage your core and pull the bar toward your chest, squeezing your shoulder bladesKeep your core engaged
and squeeze your glutes when the bar reaches your chestSlowly raise the bar back up to the starting positionRepeat as desiredWhy:If youre on the hunt for an isolated lat workout that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that offers the major benefits that pull-ups do, pulldowns isolated lat workout that offers the major benefits that pull-ups do, pulldowns isolated lat workout that offers the major benefits that pull-ups do, pulldowns isolated lat workout that offers the major benefits that pull-ups do, pulldowns are a clear choice. Pulldowns isolated lat workout that offers the major benefits that pull-ups do, pulldowns are a clear choice. Pulldowns are a clear choice. Pulldowns isolated lat workout that offers the major benefits that pull-ups do, pulldowns are a clear choice. Pulldowns are a clear choi
and shoulder abs throughout the exercise and keeping your core engaged, its a full-body burn. When: Pulldowns are commonly used to warm up the lats for other arm and back exercises. So if youre a beginner, treating them as a muscle activation warm-up for your lats is a great way to perfect your form and get comfortable using the lat machine. 3.
Dumbbell RowsGreat for:Targeting the lat muscles and the entire back. How to do it: Hold a dumbbell in one hand, your sideEngage your core and hinge forward, so your chest is facing the floorRest your free hand on a bench or wall for balancePull the dumbbell slowly upwards towards your ribs, pausing at the top for one
secondSlowly lower the dumbbell back downTo emphasize the lat muscles, let the dumbbell hang longer at the bottom for a solid stretchRepeat as desiredWhy: Targeting the entire back, not just the lat muscles, can be done with dumbbell rows. Theyre a low-impact movement and a great place to start for beginners or those who are still gaining
                            with weights.When:When trained correctly, lat workouts can be done 3 or 4 times a week with minimal soreness or strain.Dumbbell rows can be added to any back or arms workout routine.Start with two reps of 8 to 10 reps, and add weight as you feel stronger and balanced.2. Barbell RowsGreat for:A versatile move that greatly
helps with hypertrophy. How to do it: Stand next to your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the ground grip Engage your chest is parallel with the grip Engage your chest is parallel with t
bar to where you started at step #4. You did 1 rep!Repeat as desiredWhy:Rows require the activation of the core, legs, and back to successfully get a solid burn. Because of this, its an essential move in many athletes and weightlifters repertoire. Activating so many muscle groups at the same time makes barbell rows one of the most versatile moves you
can do for a full-body burn. Its one of our favorites, no doubt about it. When: Youll need a barbell and weights can add strain to your back in the hinged rowing position, make sure to start slowly with less than 10 reps per set and add weight as you
feel comfortable.1. Barbell DeadliftsGreat for:A classic lifting and lowering motion that targets the lat muscles. How to do it:Stand near a loaded barbell, with apartPlace your feet shoulder-width apartBend your knees far enough to grab the bar
comfortablyStand up slowly and lift the bar with you, pulling your hips back to a standing positionLower the bar back down to the floor, pause, and repeatWhy:While many do deadlifts to target the glutes and hamstrings, the lat muscles are majorly exercised during the lifting and lowering motions. As the barbell hangs from your arms, your lats have
to pull for the move to happen. Its a fantastic exercise for your back and lower body and will help build a strong back through consistency. When: Because strong lats are essential to lifting heavy and building a foundation of upper body strength, we recommend prioritizing deadlifts in the majority of your strength training workouts. If youre new to the
deadlift, work on perfecting your form and grip before you worry about increasing weight or reps. Start with two sets of five to ten reps, and evaluate once you feel confident in your technique and strength. FAQs About Lat Exercises Here are the answers to some frequently asked questions about the best lat exercises you can do on training days. Q:
What do the lat muscles do? The lat muscles do? The lat muscles power the adduction of the arm at the shoulders, and the internal rotation of the arm at the shoulders, and the internal rotation of the arm at the shoulders, and the internal rotation of the arm at the shoulders, and the internal rotation of the arm at the shoulders, and the internal rotation of the arm at the shoulders, and the internal rotation of the arm at the shoulders, and the internal rotation of the arm at the shoulders, and the internal rotation of the arm at the shoulders.
Why is it important to train lats? Lat exercises help strengthen the lat muscles and many other muscles in the back that help with posture, stability, and overall upper body strength. Lats run from the shoulder across the back and even influence the hips. Because of this, training the lats is essential to have a strong, stable back, shoulders, and
core. Failing to train the lat muscle often results in overcompensation from other muscles, which can lead to injury. Q: How many reps should you do for lat pulldowns? Once you feel confident with your form and technique, performing anywhere from 10 to 15 reps per set should get your lats working. Increase the intensity by adding weight or pushing
for an extra one or two reps per set. During a lat workout, form is the most important factor; once youve got that down, the skys the limit. Q: How often should you work your lats? We recommend actively working out the lat muscles two to three times a week. The good news is that the lats are versatile enough that they can be activated through many
different exercises, so the lat portion of your back day will never be boring!Q: Whats the best lat exercises are the ones that are low-impact but give the lat muscles a serious stretch (and burn!) at the same time. In our humble opinion, the best lat exercise is the barbell deadlift. The lat isolation that occurs through the hanging
motion makes barbell deadlifts a total lat burner and one of our all-time favorite moves. Summary Having a jacked back is the goal of many fitness enthusiasts, and it sure takes work to achieve those muscles may not be high on your fitness priority list, this post should solidify how essential lats are to
upper body strength and acquiring that particular look that weightlifters have. Dont neglect this powerful muscle and keep pushing towards those back goals. You can do it! Heres a quick recap of the 10 best lat exercises: Barbell RowsDumbbell RowsDumbb
PushdownsLandmine RowsWhats your favorite lat exercise? Leave a comment below. You might not think of the lats as a mirror muscle as they are on your back. However, if you have a nice set of wings, you can see the lats from all angles. After all, its the biggest and broadest muscle of your upper body. And while a wide set of lats is impressive
looking, the muscle also plays a major role in fitness and athletic performance. So, needless to say, for both aesthetics and performance reasons, its important that you give your lats the attention they deserve. And that's where we come in. In this article, we have compiled the 14 absolute best lat exercises for you (plus bodyweight lat exercises you can
do at home). Moreover, we are going to explain literally everything that you need to know about developing your lats to their fullest potential. Table of Contents: What Is The Latissimus Dorsi Muscles Exercises To Strengthen Latis Exercises To Stre
For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi Why Your Lats May Be WeakFAQsWhat is the latissimus Dorsi Why Your Lats May Be WeakFAQsWhat is the latissimus Dorsi Why Your Latissimus Dorsi
width of your middle and lower back. You, of course, have two lats, one on each side of your spine. The word latissimus meaning broadest and dorsum meaning broadest and dorsum meaning back. The name perfectly describes the muscle in your entire upper
body. When people say build back width, they are referring to the latissimus dorsi arises from the spine (T7 all the way down to the L5 vertebrae), thoracolumbar fascia and lower part of the scapula and inserts into the humerus (upper arm bone)
underneath the bicep. You can feel your lats by simply running your hand along your posterior side from under your lower traps) right in the center-middle part of your back. Function of the latissimus dorsi the latissimus dorsi is adduction,
horizontal abduction, and extension, as well as internal rotation of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction: Moving your arms out to the side (i.e. rows) Extension: Lowering your body from the side (i.e. rows) Extension of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction of the shoulder joint in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major. Adduction in collaboration with the teres major and pectoralis major and pectoralis major. Adduction in collaboration with the teres major and pectoralis m
arm straight down from a raised position (i.e. lat pushdowns or swimming) Internal Rotation: Bringing your scapula against your thorax during upper arm
movements, as well asother stability roles for your spine. It should be noted that most movements powered by the latissimus dorsi also concurrently recruit the teres major, posterior deltoids, long head of the triceps brachii, and other shoulder and scapular stabilizer muscles. Moreover, most compound movements of the lats involve elbow flexion, which
means the biceps and forearms will be involved (which is why back and biceps are so often worked on the same day by bodybuilders). As such, there is no way to completely isolate the latissimus dorsi activates for all of the aforementioned functions, certain
movements alter which region of the muscle is at the greatest advantage (and thus activated the most). This is why the lats are at a biomechanical advantage during movement that involve shoulder adduction. The middle lats are at a biomechanical
advantage during movements that involve horizontal abduction of the shoulder. The lower lats are at a biomechanical advantage during movements that involve shoulder extension. This is why a variety of exercises based on each of these types of actions is important for full and equal development of your lats are a very big
and strong muscle that is involved in pretty much every compound movement of your upper body, whether that be as a primary mover or stabilizer. The lats play a role in every pulling exercises. 14 BEST LATISSIMUS DORSI EXERCISES there is an endless assortment of moves you can
do to build your back and lats. But, these exercises are the absolute best latissimus dorsi strengthening exercises, while making note of the emphasized region of your lat (upper, middle or lower) where necessary. As not everyone has access to the
same equipment, for certain exercises, we will provide alternative examples using different equipment. Note: We will also highlight the best lat exercises, skip through these 14 latissimus dorsi gym exercises. VERTICAL PULLSVertical pulls involve pulling
a weight down vertically in relation to your torso. The three main types of vertical pulls are pull ups, chin ups, and lat pulldowns. All vertical pulls are categorized by pull ups, chin ups, and pulldowns, different grips and equipment can be used, which is why we have more than
just 3 exercises. And as we mentioned, grip makes a big difference, so this is not just redundancy.1. Wide Grip Pull Up:The wide grip overhand pull up is the hardest pull up variation you can do. Moreover, it hones in very well on the lats. Essentially, the wider your grip, the less help your lats get help from other muscles, including your biceps and
forearms. Its about as isolated as a lat exercise is going to get. In terms of the lat itself, because the movements primary action isshoulder adduction, the upper region of the lat symbol to be activated most. Form Tips: Dont go too wide, your arms should make a Y from the starting, hanging position. And if this is too hard, bring your hands in closer, you will
still get great lat activation. Be sure to keep your core engaged. Glutes too! From a dead hang, draw you scapula down and together, which will raise your form at the
top by letting your shoulders round forward. Your head should remain straight forward at all times. Use a full range of motion each rep for best results and lat development (go all the way down and all the way up!) Weighted Pull UpsWhen you are able to do 3-4 sets for 10-12 reps of wide grip pull ups, its time to add some weight. Use a dip belt and
connect a plate (start light) and then perform as many pull ups as you can (i.e. 6+). When you reach 10-12 reps, up the weight slightly and repeat. Weighted pull ups is a must if you want to keep progression rolling. Its far better than doing countless reps with just your bodyweight. Related: Pull Up Alternatives 2. Close Grip Chin Up: Unlike the wide
grip pull up, the close grip chin up is more of an all around back exercise, as many other back muscles, as well as your arms, are going to be able to help power the movement involves more shoulder extension, which means your lower lats (and
mid lats) are going to be activated to a higher degree. Form Tips: Position your hands about 3-5 inches apart with an underhand grip. Hang with your cars (at all times) then pull yourself up until your chest touches the bar. Hold the top position if you can for a moment
then slowly lower yourself down to a full hang. Really feel your lats squeezing as your pull yourself up. Weighted Chin Ups use a weight that brings your down to 5-6 reps then work your way up to 10-12 reps before increasing the weight more. The same
form rules apply when weight is added, no cheat reps!Related: Pull Ups vs Chin Ups - Muscles WorkedAssisted Pull Ups & Chin UpsFor beginners who cant do pull up assist machine or bands. Alternatively, you can use the dead hang to build
upper body strength before moving on to a full-fledged pull up. With a pull up assist machine, test out the weight assistance you need for 6-12 reps to failure. Then, as you progress, slowly lower the amount of assistance you need for 6-12 reps to failure.
a minimum of 5 clean reps on your own. Pull up assistbands work in the same way. You can start with a heavier band or multiple lighter band or mul
80lbs off your bodyweight. If you use two bands at once, combine the total resistance at the same time, thats 85lbs of total assistance). Note: Use the same form as you would with bodyweight pull ups when doing assisted pull ups! Teach
yourself how to move correctly right from the start. Related: Pull Up Progression Plan To Master The Pull Up3. Wide Grip pull up. It works your arms in the same way (shoulder adduction), so the emphasis is on your lats, with your upper lats receiving the
greatest demand. Now, you might be wondering, why do pulldown if you are doing pull ups already. Well, there are a few reasons why the cable pulldown is great in addition to pull ups. First, the pulldown allows you to increase the volume (remember, your lats need high volume for best development potential). Often times, you cant do any more pull
ups but your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats (mind-muscle connection) easier, so you can stretch and squeeze them as much as possible. Lastly, pulldowns are a good option for beginners who have trouble with pull ups, as you can control the weight. Form Tips: Like a
pull up, you want to keep your torso as upright as possible. Your arms should make a Y from the starting position, your arms should be extended from the starting position, so lower the seat if needed. You want to feel a stretch in your elbows
down to your side as you pulldown on the bar. Keep your core right and head straight forward throughout the exercise. Move slowly on the eccentric phase (the upward motion). Related: Lat Pulldown Alternatives 4. Close Grip V-Handle L
your elbows tucked, which means the movement involves a high degree of shoulder extension. With that, your lower lats are going to beat a greater advantage. Whats more, with this variation, you should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a
moretotal lat movement. The close grip lat pulldown incorporates more muscles, so it will allow you to use a heavier load, in addition to the leaning motion with this exercise. With that, its a great exercise for building STRONGER
more mobile lats, not just bigger lats. Form Tips: Use a v-bar handle. Start with your arms fully extended and your focus on your lats first and foremost. Keep your focus on your lats straight. Pulldown, lean back slightly. Your body should make a 30-45 angle from the starting upright
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position. Move very slowly on the eccentric phase to really maximize the effectiveness of this exercise and the stress on your lats. Close Underhand Grip Pulldown You can also get a similar effect by using a close underhand Grip Pulldown You can also switch things a close underhand grip with the straight pulldown You can also get a similar effect by using a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also get a similar effect by using a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch things a close underhand grip with the straight pulldown You can also switch the st
up and use it rather than the cable pulldown on certain days. Some, like the one pictured, will allow for different angles too, enabling you to stress different regions of your lats. This one is kind of like a mix between a pulldown machine or you simply want to
change things up, the cable crossover machine lat pulldown is an awesome variation to hone in on your lats. The biggest difference with this variation is your grip position. Your arms are going to be very wide and your hands will be in a neutral position. This makes it really great for your upper lats (shoulder adduction) and teres major. Not to mention
your lower trapezius. Another cool thing about this exercise is how well you can squeeze and stretch your lats. You can really optimize tension with this one. Form Tips: Set up the cable crossover machine at an appropriate height so that your arms are fully extended and you have a stretch in your lats when in the tall-kneeling position. Use stirrup
 handles.From the tall kneeling position with your arms fully extended in a neutral grip, brace your core and keep the tall-kneeling position fixed, then pull your elbows down and in toward your body using your lats to power the movement. Squeeze at the bottom the best you can to maximize contraction tension. Move slowly on the eccentric phase until
your arms are fully extended and you have a stretch in your lats. This will allow you to maximize stretching tension. 6. Single Arm Cable Crossover Lat Pulldown on our list is the single arm lat pulldown on our list is the single arm lat pulldown on our list is the single arm lat pulldown using a cable crossover Lat Pulldown.
pulley. This will make the movement based on shoulder extension, and thus work your lower lats more. Another reason this exercise is good is that you can focus on just one side at a time, which can help you iron out muscle imbalances and asymmetries. Moreover, you canmaximize range of motion with this one. Note: Being that this is a half-kneeling
 position, not only will your back be working, but your glutes will too for stability purposes. Half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling is an often overlooked and under-appreciated body positioning.
 handle in the starting position, your arm is fully extended and you have a stretch in your lats. Use a neutral grip. Pull your arm straight down, moving your elbow in a straight path. At the end range, your elbow should be tucked to your arm fully
extended. HORIZONTAL PULLS Horizontal pulls involve pulling a weight toward your body. In other terms, horizontal pulls are rows, teated cable rows, teated rows, tea
of row and your grip position, you can target different muscles in your back. Obviously, we are going to focus on the rows that allows you to lift the most weight and is definitely the best option for building serious back
andpulling strength, as well as packing on muscle. With bent over barbell rows, you have two main grip variations, underhand grip. While both underhand grip. While both underhand and overhand grip variations, underhand grip. While both underhand grip. While both underhand grip variations, underhand grip. While both u
rhomboids. As such, we have are displaying the underhand bent over row (aka reverse grip bent over row). Form tips: Put a slight bend in your knee and push your hips back (high hip hinge) then lean your torso forward so your body is just above parallel with the floor. Your spine should be straight (no arch in your back). Pick up the barbell using an
underhand grip, with your hands positioned about shoulder width apart (just outside of your hips). While maintaining the bar touches your arms are fully flexed and the bar touches your arms are fully flexed and the bar touches your arms are fully flexed and the bar touches your abs. Slowly lower the bar touches your arms are fully flexed and the bar touches your arms are fully flexed and the bar touches your abs.
Yates, who is known for having a very impressive back. It is a variation of the underhand grip bent over row. Basically, it is the same thing, but you position your abs. The benefit of the Yates row is in hits your upper back well
too and you can lift more weight. More weight is always ideal for building overall strength and muscle as well as boosting androgenic hormones. This exercise will directly translate to bigger deadlifts. Smith Machine Underhand Bent Over RowThe smith machine is a good option if you want to focus on good form and isolation of the lats when doing
bent over rows. Dumbbell Underhand Bent Over RowYou can use dumbbells, each arm will be working evenly. This can help youfix muscle imbalances. Furthermore, with dumbbell bent over rows, you can have a greater range of motion on the
concentric phase, maximizing the squeeze at the top of the row. Note: You can also use a neutral grip with dumbbells. EZ Bar Bent Over RowThe only real benefit of the EZ bar for bent over rows is it is a little easier on your wrists as you can position them in a more natural way (slightly neutral). 8. Pendlay Row: The Pendlay row was created by Glenn
Pendlay, an Olympic weightlifting coach. This is a great power and strength exercise for the back muscle, with one of the main movers being the lats. A big differencebetween the Pendlay row and the main action is horizontal abduction
middle lats). In addition, you row the barbell up to your upper abs/lower chest, rather than your lower/middle abs, bringingthe barbell down to the floor for each rep, and movingthe barbell quickly and explosively off the floor each rep, and moving the barbell down to the floor for each rep, and moving the barbell down to the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell down to the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and moving the barbell quickly and explosively off the floor for each rep, and the floor for each rep, and the floor fl
the emphasis is on the middle lats, which is the biggest area of your latissimus dorsi. Form Tips: Get into a bent over honds positioned wider than shoulder width. With the barbell on the floor, row it up to your upper abs/lower chest in an explosive manner, but
keep good form. Bring the barbell back as slowly as you can to the floor (dead stop on the floor). T Bar Row: The T-bar row with a v-handle is an extraordinary exercise for building a thicker wider back. Your body positioning, grip, and the load positioning is what separates it from the bent over barbell row. With the t-bar row, you will have a greate
range of motion, you can use a heavy load, and overall it hits your lats a bit differently. Its very effective at activating the low central region of your lats. Form Tips: Stand over the bar with a wide stance. Get into a bent over position with your spine straight and chest up. Your feet should be positioned around 8-12 inches behind the plates. You can
practice with the bar unloaded or with light weight first to get your feet position down. Your arms should be fully extended in the starting positioning. Contract your glutes and core and pull the weight first to get your feet position down. Your arms are fully extended. 10. Kroc
 Row:The Kroc row (aka single arm row) is great for your entire back (as well as your grip strength), but in terms of the lats, it does a really good job of activating them through a wide range of motion. It also enables you to focus on one side at a time with maximum weight. This is a great lat exercise with dumbbells to build your wings. Besides being
an excellent exercise for your latissimus dorsi, its really a good overall upper body exercise. Its going to work your core significantly through stability, anti-rotation demands and your left hand (neutral grip) and your left leg in line with your hips
(and knee of the propped leg). Your shoulders should be slightly higher than your left arm fully extended, pull your elbows are fully flexed. You can use momentum with Kroc rows (which allows for heavier weight). Squeeze as best your can at the top, then
slowly lower your arm to full extension. Be sure to keep your core and hips engaged at all times to avoid leaning. Your hips and torso must be squared forward throughout the exercise. 11. Seated Underhand Rows: You can do seated underhand rows with either a cable crossover machine or a row machine (some use a cable pulley system, some use
plates). The seated underhand row is just like the barbell bent over row in terms of how the lats are targeted, but it allows you to take your lower body and lower back out of the equation. Thus, it is more of a lat isolation row exercise... or at least as isolated as its going to get. While you can do overhand and underhand rows for your lats, the underhand
grip is going to allow for better lat activation, but we still recommend doing both grip variations. Form Tips: Position your arms should be fully extended, so if you need to sit back more, do that. Pull your elbows back as far as you can (your arms should be
fully flexed in the end range). Dont lean your torso backward as you row. The movement is purely at the shoulders and arms. Squeeze the heck out of your lats, then slowly return your arms to full extension. Here is an example of another machine for seated chest supported rows. We recommend lifting the seat so that you are rowing to your lower ab
level for best activation of the latissimus dorsi muscle. Related: Best Cable Back Exercises 12. Underhand Inverted Rows: The inverted row is essentially the pull up of rows, albeit its easier than a pull up. In addition, it is a bodyweight exercise, so its great for those who do calisthenics or bodyweight only exercises. But its not just for bodyweight exercise.
training. Even bodybuilders do inverted rows. At the end of a workout, repping out on inverted rows can be a great way to bring your lats and back to full exhaustion. Moreover, difficulty can be increased by bringing your feet off the floor
onto a bench. As for beginners, this is a great exercise to build up rowing strength, and it will also translate to improvements in your pull up and chin up game. As for grip, we chose the underhand grip as it better targets the lats, as youve probably gathered by now. The good thing about using a smith machine is that you can set the bar to different
heights, allowing you to make the movement easier or harder. The closer your feet out so your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet out so your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and use an underhand grip with your feet up on a platform if you want to increase the bar and you want to increase the bar and you want to increase the bar and you want to
difficulty. With your arms fully extended, retract your shoulder blades then pull your elbows down to lift your body toward the bar. Row your body up all the way until the bar touches your shoulder blades then pull your elbows down to lift your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your arms are in full extension. Note: While this inverted row is demonstrated using a smith
machine, which is what most people will use in gyms, you can do a similar set up at home using a couple of chairs and a beam of some sort positioned on top of them (we will show you what we mean in the home lat exercise section soon to come). SHOULDER EXTENSION (PUSHDOWNS & PULLOVERS) While rows and pulldowns involve shoulders are the complex of the
extension, some more, some less, they are not purely based on shoulder extension like lat pushdowns and pullovers are essential for full development of the lats. Remember, shoulder extension is one of the main responsibilities of the lats. That said, lat pushdowns and pullovers are more of an accessory exercise on
back day. They should be done near the end of your workout (or beginning with light weight just to get the blood flowing to your lats).13. Lat Pushdown, also called a pullover, is the first lat exercise up till now that has no elbow movement. Your arms will remain straight for the entire exercise (a slightly bend in your elbow is ok). This
movement is purely shoulder extension. It is essentially a lat isolation exercise that is particularly good for the lower central region of your lats. Form Tips: Set up a cable pulley machine with a straight bar attachment. Bring your hands a little wider than shoulder width apart. Step a few feet away from the machine so that in the starting positioning with
your arms up, you feel a stretch and tension in your back/lats. While keeping your torso firm and your arms to the starting position. Another way to do the cable pushdown is to start with a slight bend in your knees, your hips back, and your
torso leaning slightly forward. Then as you press down, you perform hip extension (bring your chest up proud and squeezing the heck out of your lats. Seated Incline Lat PushdownThis is another variation of the lat pushdown. This one is worth trying out to see if it does a good job of allowing you to really focus on
your lats. Essentially, with the backrest, you can be sure you have no movement at your torso. To do this one, position an incline bench so that it is facing away from the machine. Sit on it, then grab the straight handle overhead behind you at about shoulder width and pushdown with your arms fixed as seen in the pic. 14. Lat Pullover: The lat pullover is
 similar in terms of movement pattern. It is also a purely shoulder extension movement. The big advantage of the pullover is that you can overload with more weight during the stretching phase of the lift. That said, your lats become less activated as the weight moves over your head and your chest takes over. So, unlike the pushdown, which is a lat
isolation exercise, the pullover is a lat and upper chest exercise. As for equipment, the dumbbell pullover is the most popular, but we find the barbell gives better lat activation due to grip and hand positioning. You can try both to see what works best for you. Form Tip: You can do this exercise two ways. One is with your back fully lying on the bench and
the other is with your back lying off the side of the bench (just your upper back on the bench). The dumbbell variation below shows the latter. To start, hold a barbell or EZ bar with an overhand grip at shoulder width. Then bring the bar straight back and down. Your arms should be straight, with just a slight bend in your elbow. Bring your arms down
behind you as far as you can comfortably go. You want to feel good stretching tension in your lats. Then, keeping your arms fixed, pull the bar over until your arms back slowly and really feel the stretching tension as your arms come
down behind you. Again, keep your arms in a fixed position at all times. This movement is simply shoulder extension/flexion. No elbow movement. Dumbbell pullover with this body positioning yourself off the side of the bench rather than
with your back fully on the back like the barbell pullover above. Programming Tips For Lat MusclesIf you want to build your lats fast (or at least as fast as humanly possible), there are a few things you need to consider: Type of Exercises & Variety: There are
three main types of exercises for the lats: Vertical Pulls (i.e. pull ups, pulldowns) Horizontal Pulls (i.e. rows) Shoulder Extension Exercises (i.e. pushdowns) If you want well-developed lats, you need to do all three of these types of movements, as each one targets the lat muscle differently. Whats more, you need to consider the way your arm is moving, or
in other words, the action of your shoulder joint, as that will determine which region of the lat is being worked more or less. Shoulder adduction targets the upper lats best (i.e. pushdowns). Depending on your grip and
angle of your body, the action of your shoulder joint can change, which in turn means your back muscles are worked differently. Grip positioning plays an important role in determining which region of the muscle is at the greatest advantage, not to mention, whether the lat is the primary focus or not. For example, overhand barbell rows will work your
middle lats more because it involves more horizontal abduction with your arms flared out, whereas reverse grip keeps your elbows tucked thus making the movement act more on shoulder extension. So, with the same bent over row, you can target your middle or lower lat more simply by changing the grip. The same is true for vertical pulls. With wide
grip pulldowns or pull ups, the movement will be more shoulder extension. This is why variety is key. By changing grip and performing vertical and horizontal pulls as well as shoulder extension based movements, you will be able to develop your lats as
fully.Now, it should be noted that no matter what lat exercise you are doing, your entire latissimus dorsi will be working. You CANNOT isolate your upper, middle, or lower lats. Again, its just certain regions will be activated more or less. Certain movements also do a better job of activating the lat as a whole, too.2) Equipment: Equipment plays into
variety as well, whether you just want to change things up to stress your muscles differently (i.e. use dumbbells rather than bent over rows to take your low back and legs out of the equation a bit) oryou just dont have access to certain
equipment. All that said, some equipment is better than others for developing the lats. Most would say that the best for rows, with dumbbells being a close second, and pull ups being the best for vertical movements (weighted pull ups if you are strong enough). This is because they are the hardest and provide the most load potential. Be
that as it may, other equipment like cable machines most certainly have their place, as we will explain when we demonstrate all the different variations. 3) Volume: By volume, we are referring to rep ranges and total volume. The best rep range for hypertrophy of the lats is 10-15 reps. You can even go higher depending on the exercise. If you want to
focus more on strength, which you should too, lower reps are also good as well. The best rep range, give or take. Its important that you train for both strength and hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy rep
ranges, as will strength. In terms of total volume (weekly sets + reps), your lats are a tough muscle. Think about how often you hear someone tell you they tore a lat. You probably never heard that. The point is, your lats are a tough muscle groups is 10-15 sets per week, you
can up this to 15-20+ sets for the lats.4) Intensity: Volume doesnt mean anything without noting intensity, we mean weight load. Before we get into that, its important to understand that the latissimus dorsi has an even ratio of slow and fast twitch muscle fibers, which means its going to respond best to moderate loads for moderate to
higher reps. However, it will do well with moderate reps as well. So, again, you should be training with the well-rounded rep scheme we mentioned above (6-10 and 10+). In terms of weight load, we cant say what will be right for you, but an easy way to know if the weight load is appropriate is to gauge the difficulty within that
rep range. Essentially, if you are working for 10-12 reps, then you want the weight load to bring you to or near failure within that rep range. If you are training for hypertrophy and you are able to go well past 15 reps, then you need to up the weight load. The same is true for the strength rep range. Its really that simple. So Progression: You obviously
cant keep the same intensity week in and week out. To build muscle are being overloaded each workout so they are forced to adapt (grow and get stronger). The easiest form of progression is to increase weight, which we recommend for beginners,
but as you get more advanced, you will need to play around with progressive overload methods. Related: Progressive overload Guide6) Diet:We arent going to go too in-depth on this point, but you obviously need to eat enough food if you want to have enough strength during workouts. When it comes to building up
some big lats, you need to eat A LOT. Check out our 7-Day Meal Plan For Muscle Gain to get started!7) Mind-Muscle Connection with your lats. You need to be able to perform the exercises with maximum activation of your lats, and to
do that, you need a good mind-muscle connection. Its a lot harder with the lats since they arent on the front of your body like your chest. So, work on this, and then progressing from there. HOW TO INCORPORATE LAT EXERCISES INTO YOUR
WORKOUTSThis really depends on your training program. Its going to be different if you do a body part split comparing to a full body split or upper lower split. Ultimately, the goal is to get around 15+ sets in per week. This includes vertical pulls, and pushdowns/pullovers. Since a lot of people do back days or pull days, here is an
example of a well-rounded back workout that has plenty of lat volume.data tableExerciseSetsRepsWeighted Pull Ups36-12Bent Over Barbell Rows36-12T-Bar Rows38-15Lat Pulldowns310-12Lat Pushdowns310-12Eat Pu
erector work, add in some back extensions at the end. If you do a full body routine or an upper lower routine, just spread the volume out appropriately throughout the week. Here are the 5 best training splits (with full routines), each of which will ensure you are getting enough work in for your lats. BEST LATISSIMUS DORSI EXERCISES AT HOME
(BODYWEIGHT LAT EXERCISES)Whether you dont have access to equipment or you simply prefer bodyweight training at home, the below exercises are your best option for developing and strengthening your latissimus dorsi muscle.1) Pull Ups & Chin Ups:Weve already discussed the benefits of pull ups and chin ups, so you can scroll up to learn why
you should do them and how to do them. As you progress, weighted pull ups and chin ups are a must. 2) Inverted Rows: Weve also already covered inverted rows (although it is arguably the best option due to your ability to change the height of the bar
easily). There are many ways you can do inverted rows, from under a table to a set up with chairs as seen in the pic above. Figure out a good set-up and get them done. This is going to be the best bodyweight row you can possibly do. Note: If you have a suspension trainer, you can use it for rows as well. These are very effective. 3) Towel Rows: Get a
towel and anchor it to something at about chest height and perform rows! Its essentially like an inverted row but from a standing position (its easier, but if you use high reps and volume, squeeze the heck out of your lats). You can increase the difficulty with one arm towel rows too!
Alternatively, to decrease the difficulty, usejust your hands rather than a towel. The towel increases stability, range of motion, and grip demand, so it is harder.4) Resistance Band Lat Exercises: With resistance bands, you can mimic all of the free weight exercises above. For example... Bent Over Rows Single Arm Rows Pulldowns Pushdowns, and
more...We wont go in-depth on resistance band lat exercises as weve covered this in anotherpost. Related: Resistance Band Row & Pulldown Variations Progressive overload by increasing weight load. With body weight, the only way to do this is by using
an external load of some sort like a weighted backpack or resistance bands. However, you can also use other progression methods to increase reps and volume, decrease rest time, slow down your tempo, and do harder bodyweight exercises. Play around with these variables and you will be able to keep
making your workouts harder, thus overloading your muscles to force them to continue adapting. It wont be as easy as with weights, but you can surely build your lats in any case. BENEFITS OF HAVING STRONG WELL DEVELOPED LATSThe lats are an interesting muscle in that they play a small role in the average (modern) persons daily life, but
they play a big role when it comes to athletics and fitness. Its not like your glutes or quads that are pretty active throughout the day (due to walking and standing up regularly). With that, if you dont workout, your lats can easily be underdeveloped. Now, your lats are not completely unused during the day, as they are involved in things like pulling on a
shirt, closing a cars trunk, and swinging your arms while walking, but this is obviously not enough. So, while the lats may notplay a big role in your daily life, unless you are required to do things like climbing and swimming, if you plan to get into fitness or some sport, having strong lats is going to boost your performance tremendously. In truth, if your
lats are strong, then everything else will follow. Thats how big of a role they play in fitness. The main purpose of your lats, in a simplified manner, is to provide shoulder strength and back exercises (pressing and pulling) and
move better. When it comes to lifting, having strong lats means you can deadlift, squat, bench press, overhead press, row and pull with heavier weight and more intensity. This is not just important for the development of your lats, but it is also important for all the muscles we mentioned that work with the lats, which are basically all of the muscles of
your back, your deltoids, biceps, forearms, triceps, and pecs. Strong lats = a strong, well-developed, resilient upper body. In terms of aesthetics, the lats are a crucial muscle to have well developed. With well-developed lats (and shoulders and pecs), you will have that V tapered look, which makes your shoulders look wider and yourwaistmore
so not everyone will have the same look. Some people have a higher or lower insertion of the lats, which changes how their upper body tapers. But either way, you might be thinking, "damn my lats aremore like flats...why are they so
know how to activate your lats when performing them. If other muscles are overactive during your pulling exercises, and this is not due to poor form, then you need to build that mind muscle connection, which also starts with lighter weight, and you may also need to build that mind muscle connection, which also starts with lighter weight, and you may also need to build that mind muscle connection, which also starts with lighter weight, and you may also need to build that mind muscle connection, which also starts with lighter weight, and you may also need to build that mind muscle connection, which also starts with lighter weight, and you may also need to build that mind muscle connection, which also starts with lighter weight, and you may also need to build that mind muscle connection which also starts with lighter weight, and you may also need to build that mind muscle connection which also starts with lighter weight, and you may also need to build that mind muscle connection which also starts with lighter weight.
grip may help you deactivate other muscles a bit and increase engagement of your lats. For example, switching from overhand to underhand rows will greatly change the dynamics of the muscles worked, allowing you to hone in on your lats a little more. The good news is, your lats can (and will!) grow and get strongerusing the exercises we went over
above.FAQsRemaininglatissimus dorsi muscle exercisesquestions? Let's answer them!IS IT HARD TO MAKE THE LATS BIGGER AND STRONGER?The lats are definitely one of the more problem areas for beginners simply because its hard to engage them properly. It takes time to learn how to hone in on them and build that mind muscle connection sc
that they are fully activated when they should be. That said, if you do the right lat muscle exercises, with the right load, the right load, the right load, the right volume, and use progressive overload, your lats will surely grow. Moreover, you need to eat a lot. The latissimus dorsi is not a muscle like the calves, whichare really hard to grow. As long as you are doing things right in the
gym, size and strength will come. However, it is a very big muscle, so it takes hard work and timenonetheless. HOW LONG DOES IT TAKE FOR THE LATS TO GROW? If you follow everything below and stick with it, as a beginner, you can see some significant growth in 6 months. The lats are a little slower of a muscle to grow, similar to the legs. Being
that the lat is so big, its going to take time to see some results. But if you stick with it and follow the information below, you can expedite the process of growth. HOW TO WARM UP THE LATS BEFORE WORKING OUT? The best way to warm up your lats before working out are with some dynamic lat stretches and by doing lightweight resistance
exercises with a full range of motion to get the blood flowing, increase body temperature, and optimize mobility. Some good warm up lat exercises are lightweight pushdowns and seated rows. Resistance bands are also a great way to warm up. You can perform a few different resistance band rows and pulldowns before you get into the weights. Also, if
you are doing heavy lifting, then start light and work your way up to your working set. For example, if your working weight. What is the best lat exercise? While variety is important for building your lats over time, beginners can really stick to
just a few exercises and see some fantastic results. So, if we are to narrow down the best exercises for latissimus dorsi, they would be:Pull Ups/Chin Ups (Weighted If possible)Underhand Bent Over RowsLat PushdownsIf a beginner cant do pull ups or chin ups, lat pulldowns with the same grip would be the next best thing. With these three exercises
you will be working your lats through all of the main actions, so you can get full development. In terms of muscle activation, pull ups and chin ups and bent over rows are shown to have the highest results with EMG studies, so while other exercises are good, these are the best. As you become more advanced, you will need to add more variety to your
training, but if you are looking for somewhere to start, this is it. How can I train my lats without a pull up bar? If you dont have a pull up bar, you obviously cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that it is inverted rows are the resistance bands. With that it is inverted rows are the resistance bands are the resistance bands. With that it is inverted rows are the resistance bands are the resistance bands. With that it is inverted rows are the resistance bands are the resistance bands.
cable pulldowns. Be that as it may, you will still need some anchor point for your bands. There are door anchors for this. All that said, we highly recommend getting a pull up bar or finding one at a park nearby and doing pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a
beam of some sort to do pull ups on. You can get pull up bars on Amazon for as little as $30. We also have a great list of the 7 Best Outdoor Pull Up Bars for you to check out. Do push ups work latissimus dorsi? Like bench press, push ups work latissimus dorsi. Like bench press, push ups work latis lati
are not going to be enough for the best possible lat development, so we highly recommend adding the above lat specific exercises into your home workouts. Aredeadlifts a good lat exercises? Deadlifts are a must and they will do a great job of strengthening your lats as well, especially if you do wide grip variations of the deadlift. We didn't include the
deadlift simply because it is more of a total body exercise rather than a lat exercises above, you will see serious improvements in your deadlifts over time as the lats play an important role in deadlifting. What causes tight latissimus dorsi? Your lats can become tight from overuse or if they
become overactive. They can also be tight from certain injuries or simply a lack of stretching and using a full range of motion. Remember, the concentric phase of lifting (squeezing of the muscle) is just as important. By using a full range both on the concentric and eccentric phase, you
really shouldnt have an issue with your lats becoming tight as you will be dynamically stretching them as you workout. That said, your lats can still become tight for one reason or another, and if they do, you should knowhow to stretch them. How do you stretch them. How do you stretch them as you workout. That said, your lats can still become tight for one reason or another, and if they do, you should knowhow to stretch your lats can still become tight for one reason or another, and if they do, you should knowhow to stretch your lats become tight as you will be dynamically stretching them as you workout. That said, your lats can still become tight for one reason or another, and if they do, you should knowhow to stretch your lats said, your lats become tight for one reason or another, and if they do, you should knowhow to stretch your lats said, your 
include the hanging bar lat stretch, the bench kneeling lat stretch, and the bent over lat stretch, and the bent over lat stretch, and the bent over lat stretch, and the bench kneeling lat stretch, and the bent over lat stretch, and the bench kneeling lat stretch kneeling lat stretch, and the bench kneeling lat stretch, and the bench kneeling lat stretch 
you are armed with everything you need to know about developing your lats twice weekly for muscle hypertrophy, allowing them to rest in between sessions, which is key for muscle recovery. It's also essential that you eat to
build muscle, meaning you need to be in a small calorie surplus of 300 to 500 calories. Follow my workout advice and use these exercises for the latissimus dorsi muscle, and massive wings are yours for the taking. Looking for an effective workout featuring many of these exercises? Check out our Best Lat Workouts For A Bigger, Stronger Back!
Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days... You might not think of the lats as a mirror muscle as they are on your back. However, if you have a nice set of wings, you can see the lats from all angles. After all, its the
 biggest and broadest muscle of your upper body. And while a wide set of lats is impressive looking, the muscle also plays a major role in fitness and athletic performance. So, needless to say, for both aesthetics and performance reasons, its important that you give your lats the attention they deserve. And that's where we come in. In this article, we have
compiled the 14 absolute best lat exercises for you (plus bodyweight lat exercises you can do at home). Moreover, we are going to explain literally everything that you need to know about developing your lats to their fullest potential. Table of Contents: What Is The Latissimus Dorsi? Anatomy Of The Latissimus Dorsi Muscles 14 Best Exercises To
Strengthen Latissimus DorsiProgramming Tips For Lat MusclesBest Lats WorkoutBest Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi Without Exercises For Latis Without Exercises For Latis Without Exerc
more commonly referred to as the lats, is a big, flat, triangularly-shaped muscle that covers the width of your middle and lower back. You, of course, have two lats, one on each side of your spine. The word latissimus dorsi comes from Latin, with latissimus meaning broadest and dorsum meaning back. The name perfectly describes the muscle. It is the
largest and broadest muscle of your back. In fact, its the largest muscle in your entire upper body. When people say build back width, they are referring to the latissimus dorsi arises from the spine (T7 all the way down to the L5 vertebrae),
thoracolumbar fascia and lower part of the scapula and inserts into the humerus (upper arm bone) underneath the bicep. You can feel your lats by simply running your hand along your posterior side from under your shoulder all the way down to your lower traps) right in the center-middle part
of your back. Function of the latissimus dorsi The main function of the latissimus dorsi is adduction, horizontal abduction, and extension, as well as internal rotation of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction of the latissimus dorsi The main function of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction of the latissimus dorsi The main function of the latissimus dorsi The main function of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction of the latissimus dorsi The main function of the latis The main function of the latis The main func
ups)Horizontal Abduction: Moving your arms out to the side (i.e. rows)Extension: Lowering your arm towards the midline of your body (i.e. arm wrestling)Its a super strong muscle that facilitates movements of the arm when your torso is fixed
and vice versa. The lats also assist in keeping your scapula against your thorax during upper arm movements, as well asother stability roles for your spine. It should be noted that most movements powered by the latissimus dorsi also concurrently recruit the teres major, posterior deltoids, long head of the triceps brachii, and other shoulder and
scapular stabilizer muscles. Moreover, most compound movements of the lats involve elbow flexion, which means the biceps and forearms will be involved (which is why back and biceps are so often worked on the same day by bodybuilders). As such, there is no way to completely isolate the lats. Upper, Middle, Lower Lats: While the latissimus dorsi isa
single muscle and the entire latissimus dorsi activates for all of the aforementioned functions, certain movements alter which region of the muscle is at the greatest advantage (and thus activated the most). This is why the lats are at a biomechanically
advantage during movement that involve shoulder adduction. The middle lats are at a biomechanical advantage during movements that involve shoulder extension. This is why a variety of exercises based on each of these types of
actions is important for full and equal development of your lats as a whole. All in all, your lats are a very big and strong muscle that is involved in pretty much every pulling exercise (to some degree, often a high degree) and even
pushing exercises.14 BEST LATISSIMUS DORSI EXERCISESThere is an endless assortment of build your back and lats. But, these exercises are the absolute best latissimus dorsi strengthening exercises. We will categorize the exercises are the absolute best latissimus dorsi strengthening exercises. We will categorize the exercises are the absolute best latissimus dorsi strengthening exercises.
emphasized region of your lat (upper, middle or lower) where necessary. As not everyone has access to the same equipment, for certain exercises for home (without equipment). So, if you want to build your lats purely with bodyweight
exercises, skip through these 14 latissimus dorsi gym exercises. VERTICAL PULLS vertical pulls are pull ups, chin ups, and lat pulldowns. All vertical pulls emphasize the lats, which is why we are starting here. While vertical pulls are categorized by
pull ups, chin ups, and pulldowns, different grips and equipment can be used, which is why we have more than just 3 exercises. And as we mentioned, grip makes a big difference, so this is not just redundancy.1. Wide Grip Pull Up: The wide grip overhand pull up is the hardest pull up variation you can do. Moreover, it hones in very well on the
lats. Essentially, the wider your grip, the less help your lats get help from other muscles, including your biceps and forearms. Its about as isolated as a lat exercise is going to get. In terms of the lat itself, because the movements primary action isshoulder adduction, the upper region of the lats will be activated most. Form Tips: Dont go too wide, your
arms should make a Y from the starting, hanging position. And if this is too hard, bring your hands in closer, you will still get great lat activation. Be sure to keep your core engaged. Glutes too! From a dead hang, draw you scapula down and together, which will raise your body slightly. THEN, pull yourself up by pushing your elbows down toward your
body. Stop when your chin is above the bar and your chest is as close to the bar and your chest is as close to the bar and your shoulders round forward at all times. Use a full range of motion each rep for best results and lat development (go all the way down and all the way up!) Weighted Pull
UpsWhen you are able to do 3-4 sets for 10-12 reps of wide grip pull ups, its time to add some weight. Use a dip belt and connect a plate (start light) and then perform as many pull ups as you can (i.e. 6+). When you reach 10-12 reps, up the weight slightly and repeat. Weight and repeat. Weight and then perform as many pull ups, its time to add some weight.
than doing countless reps with just your bodyweight.Related: Pull Up Alternatives2. Close Grip Chin Up:Unlike the wide grip pull up, the close grip chin up is more of an all around back exercise, as many other back muscles, as well as your arms, are going to be able to help power the movement. That said, we love the close grip chin up because it is
different. With a close grip chin up, the movement involves more shoulder extension, which means your lower lats (and mid lats) are going to be activated to a higher degree. Form Tips: Position your shoulders are packed down and away from
your ears (at all times) then pull yourself up until your chest touches the bar. Hold the top position if you can for a moment, then slowly lower yourself up. Weighted Chin UpsJust like pull ups, when you can do 10-12 clean, full reps, then you can start to add weight. Try to use a
weight that brings your down to 5-6 reps then work your way up to 10-12 reps before increasing the weight more. The same form rules apply when weight is added, no cheat reps!Related: Pull Ups vs Chin Ups - Muscles WorkedAssisted Pull Ups & Chin Ups For beginners who cant do pull ups (or not enough for adequate volume), there are two ways
that you can do pull ups. You can use a pull up assist machine or bands. Alternatively, you can use the dead hang to build upper body strength before moving on to a full-fledged pull up assist machine, test out the weight assistance.
Eventually, you will be ready to do bodyweight pull ups (and chin ups). We recommend doing pull ups and chin ups when you can do a minimum of 5 clean reps on your own. Pull up assistbands work in the same way. You can start with a heavier band or multiple lighter bands and then as you progress either use a lighter band or remove a band. The
total resistance that a band has is the total assistance you will get. So if a band has around 80lbs of assistance and a black band with 50lbs of resistance at the same
time, thats 85lbs of total assistance). Note: Use the same form as you would with bodyweight pull ups! Teach yourself how to move correctly right from the start. Related: Pull Up Progression Plan To Master The Pull Up3. Wide Grip Cable Lat Pulldown: The wide grip lat pulldown is the cable machines version of the wide
grip pull up. It works your arms in the same way (shoulder adduction), so the emphasis is on your lats, with your upper lats receiving the greatest demand. Now, you might be wondering, why do pulldowns if you are doing pull ups already. Well, there are a few reasons why the cable pulldown is great in addition to pull ups. First, the pulldown allows
you to increase the volume (remember, your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats are yet to be fully exhausted through this plane of motion.
 possible.Lastly, pulldowns are a good option for beginners who have trouble with pull ups, as you can control the weight. Form Tips: Like a pull up, you want to keep your torso as upright as possible. Your arms should make a Y from the starting position. Your arms should be extended from the starting position, so lower the seat if needed. You want to
feel a stretch in your lats at the bottom. Start the movement by bringing your shoulder blades down and together, then push your elbows down to your side as you pulldown on the bar. Keep your core right and head straight forward throughout the exercise. Move slowly on the eccentric phase (the upward motion). Related: Lat Pulldown Alternatives 4.
Close Grip V-Handle Lat Pulldown: The close grip lat pull down with a v-handle puts your hands in a neutral grip and allows you to keep your elbows tucked, which means the movement involves a high degree of shoulder extension. With this variation, you should be leaning.
back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown incorporates more muscles, so it will allow you to use a heavier load, in addition to the leaning motion of your torso. Furthermore, comparing to the traditional lat
pulldown, you will have a considerably greater range of motion with this exercise. With that, its a great exercise for building STRONGER more mobile lats, not just bigger lats. Form Tips: Use a v-bar handle. Start with your arms fully extended and your torso upright. Brace your core and keep your head straight. Pulldown using your lats first and
foremost. Keep your focus on your lats. As you pulldown, lean back slightly. Your body should make a 30-45 angle from the starting upright position. Move very slowly on the eccentric phase to really maximize the effectiveness of this exercise and the stress on your lats. Close Underhand Grip Pulldown You can also get a similar effect by using a close
underhand grip with the straight pulldown bar. Plate Loaded Pulldown for different angles too, enabling you to stress different regions of your lats. This one is kind of like a mix
between a pulldown and a row.5. Cable Crossover Lat Pulldown: Whether you dont have access to alat pulldown machine or you simply want to change things up, the cable crossover machine lat pulldown is an awesome variation to hone in on your lats. The biggest difference with this variation is your grip position. Your arms are going to be very wide
and your hands will be in a neutral position. This makes it really great for your upper lats (shoulder adduction) and teres major. Not to mention your lats. You can really optimize tension with this one. Form Tips: Set up the cable crossover machine at an
appropriate height so that your arms are fully extended and you have a stretch in your lats when in the tall-kneeling position. Use stirrup handles. From the tall kneeling position with your arms fully extended in a neutral grip, brace your lats
to power the movement. Squeeze at the bottom the best you can to maximize contraction tension. Move slowly on the eccentric phase until your arms are fully extended and you have a stretch in your lats. This will allow you to maximize stretching tension. Single Arm Cable Crossover Lat Pulldown: The final lat pulldown on our list is the single arm
lat pulldown using a cable crossover machine. For this one, you are positioning your body so your working sides shoulder is in line with the pulley. This will make the movement based on shoulder extension, and thus work your lower lats more. Another reason this exercise is good is that you can focus on just one side at a time, which can help you iron
out muscle imbalances and asymmetries. Moreover, you canmaximize range of motion with this one. Note: Being that this is a half-kneeling position, not only will your back be working, but your glutes will too for stability purposes. Half-kneeling position, not only will your back be working, but your body in a half-kneeling position.
kneeling stance with your working sides shoulder in line with the pulley handle. The handle in the starting position, your arm is fully extended and you have a stretch in your elbow in a straight path. At the end range, your elbow
should be tucked to your side. Squeeze your lat at the bottom and then slowly return it back to the starting position with your arm fully extended. HORIZONTAL PULLSHorizontal pulls involve pulling a weight toward your body. In other terms, horizontal pulls are rows, seated cable rows, t-bar rows and single arm dumbbell
row is the king of rows. It is the row that allows you to lift the most weight and is definitely the best option for building serious back andpulling strength, as well as packing on muscle. With bent over hand serious back andpulling strength, as well as packing on muscle. With bent over hand serious back andpulling strength, as well as packing on muscle. With bent over hand serious back and pulling strength, as well as packing on muscle. With bent over hand serious back and pulling strength, as well as packing on muscle. With bent over hand serious back and pulling strength, as well as packing on muscle. With bent over hand serious back and pulling strength, as well as packing on muscle. With bent over hand serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely the best option for building serious back and pulling strength and is definitely back and back an
underhand row is lat centric (middle and lower), whereas the overhand row is more for your upper back, targeting yourtraps and rhomboids. As such, we have are displaying the underhand bent over row (aka reverse grip bent over row). Form tips: Put a slight bend in your knee and push your hips back (high hip hinge) then lean your torso forward so
your abs. Slowly lower the bar back down until your elbows are in full extension. Yates RowThe Yates row was created by Dorian Yates, who is known for having a very impressive back. It is a variation of the underhand grip bent over row. Basically, it is the same thing, but you position your body with your torso more upright (about 30 downward from
the upright position). You will still be pulling the bar toward your abs. The benefit of the Yates row is in hits your upper back well too and you can lift more weight. More weight is always ideal for building overall strength and muscle as well as boosting androgenic hormones. This exercise will directly translate to bigger deadlifts. Smith Machine
Underhand Bent Over RowThe smith machine is a good option if you want to focus on good form and isolation of the lats when doing bent over rows. Dumbbell Underhand Bent Over RowYou can use dumbbells for bent over rows. Dumbbell Underhand Bent Over RowYou can use dumbbells for bent over rows.
can help youfix muscle imbalances. Furthermore, with dumbbell bent over rows, you can have a greater range of motion on the concentric phase, maximizing the squeeze at the top of the EZ bar for bent over rows is it is a little easier on your
 Wrists as you can position them in a more natural way (slightly neutral). Rendlay row and the normal overnand ben
over row is that the Pendlay row uses a wider grip (so your arms are more flared and the main action is horizontal abduction, you row the barbell down to the floor for each rep, and movingthe barbell quickly and explosively off the
floorevery time. Overall, it is a pure back builder, so its going to work all the muscles of your back. Its great for your latissimus dorsi. Form Tips: Get into a bent over position with your body parallel to the floor. Grab the bar with an overhand grip and your hands
positioned wider than shoulder width. With the barbell on the floor, row it up to your upper abs/lower chest in an explosive manner, but keep good form. Bring the barbell back as slowly as you can to the floor). T Bar Row: The T-bar row with a v-handle is an extraordinary exercise for building a thicker wider back. Your body
positioning, grip, and the load positioning is what separates it from the bent over barbell row. With the t-bar row, you will have a greater range of motion, you can use a heavy load, and overall it hits your lats a bit differently. Its very effective at activating the low central region of your lats. Form Tips: Stand over the bar with a wide stance. Get into a
bent over position with your spine straight and chest up. Your feet should be positioned around 8-12 inches behind the plates. You can practice with the bar unloaded or with light weight first to get your feet should be positioned around 8-12 inches behind the plates. You can practice with the bar unloaded or with light weight first to get your feet position down. Your arms should be fully extended in the starting positioning. Contract your glutes and core and pull the weight towards your
upper abdomen. Squeeze your lats at the top and then very slowly lower the bar back (as well as your grip strength), but in terms of the lats, it does a really good job of activating them through a wide range of motion. It also enables
you to focus on one side at a time with maximum weight. This is a great lat exercise with dumbbells to build your wings. Besides being an excellent exercise for your latissimus dorsi, its really a good overall upper body exercise for your latissimus dorsi, its really a good overall upper body exercise. Its going to work your core significantly through stability, anti-rotation demands and your biceps and forearms. Form
Tips:Place your right hand and right knee on the bench with a dumbbell in your left hand (neutral grip) and your left hand (neutral grip) and your hips. So about a 15 angle from parallel (for the Kroc row). With your left arm fully extended, pull your elbow back and up until
your elbows are fully flexed. You can use momentum with Kroc rows (which allows for heavier weight). Squeeze as best your can at the top, then slowly lower your arm to full extension. Be sure to keep your core and hips engaged at all times to avoid leaning. Your hips and torso must be squared forward throughout the exercise. 11. Seated Underhand
Rows: You can do seated underhand rows with either a cable crossover machine or a row machine (some use a cable pulley system, some use plates). The seated underhand rows with either a cable crossover machine or a row machine (some use a cable pulley system, some use plates). The seated underhand rows with either a cable pulley system, some use plates).
isolation row exercise...or at least as isolated as its going to get. While you can do overhand and underhand grip is going to allow for better lat activation, but we still recommend doing both grip variations. Form Tips: Position yourself so your torso is perfectly upright. When holding the handle (with your underhand
grip), your arms should be fully extended, so if you need to sit back more, do that. Pull your elbows back as far as you can (your arms should be fully flexed in the end range). Don't lean your lets, then slowly return your arms to full
extension. Here is an example of another machine for seated chest supported rows. We recommend lifting the seat so that you are rowing to your lower ab level for best activation of the latissimus dorsi muscle. Related: Best Cable Back Exercises 12. Underhand Inverted Rows: The inverted row is essentially the pull up of rows, albeit its easier than a pull
up. In addition, it is a bodyweight exercise, so its great for those who do calisthenics or bodyweight training. Even bodyweight training. Even bodyweight training. Even bodyweight exercises. But its not just for bodyweight training. Even bodyweight training. Even bodyweight exercises and back to full exhaustion. And while it may look easy, when done
properly, it is quite challenging. You should be using a full range of motion. Moreover, difficulty can be increased by bringing your feet off the floor onto a bench. As for grip, we chose the underhand grip as
it better targets the lats, as youve probably gathered by now. The good thing about using a smith machine is that you can set the bar to different heights, allowing you to make the movement easier or harder. The closer your body is to parallel with the ground, the harder it will be. Form Tips: Get under the bar and use an underhand grip with your
hands about shoulder width apart. Move your feet out so your body is completely straight. Place your feet up on a platform if you want to increase the difficulty. With your arms fully extended, retract your shoulder blades then pull your elbows down to lift your body toward the bar. Row your body up all the way until the bar touches your upper
abs/lower chest. Very slowly lower your body back down until your arms are in full extension. Note: While this inverted row is demonstrated using a smith machine, which is what most people will use in gyms, you can do a similar set up at home using a couple of chairs and a beam of some sort positioned on top of them (we will show you what we mean
in the home lat exercise section soon to come). SHOULDER EXTENSION (PUSHDOWNS & PULLOVERS) While rows and pullowers are essential for full development of the lats.
Remember, shoulder extension is one of the main responsibilities of the lats. That said, lat pushdown, also called a pullover, is
the first lat exercise up till now that has no elbow movement. Your arms will remain straight for the entire exercise (a slightly bend in your elbow is ok). This movement is purely shoulder extension. It is essentially a lat isolation exercise that is particularly good for the lower central region of your lats. Form Tips: Set up a cable pulley machine with a
straight bar attachment. Bring your hands a little wider than shoulder width apart. Step a few feet away from the machine so that in the starting positioning with your arms fixed, push the bar down toward your hips. Flex your back/lats. While keeping your torso firm and your arms fixed, push the bar down toward your hips. Flex your back/lats. While keeping your torso firm and your arms fixed, push the bar down toward your hips. Flex your back/lats. While keeping your torso firm and your arms fixed, push the bar down toward your hips. Flex your back/lats. While keeping your back/lats. While keeping your torso firm and your arms fixed, push the bar down toward your hips. Flex your back/lats. While keeping your back/lat
very slowly return your arms to the starting position. Another way to do the cable pushdown is to start with a slight bend in your knees, your hips to neutral) while pressing your chest up proud and squeezing the heck out of your
lats. Seated Incline Lat PushdownThis is another variation of the lat pushdown. This one is worth trying out to see if it does a good job of allowing you to really focus on your lats. Essentially, with the backrest, you can be sure you have no movement at your torso. To do this one, position an incline bench so that it is facing away from the machine. Sit on
it, then grab the straight handle overhead behind you at about shoulder width and pushdown with your arms fixed as seen in the pic.14. Lat Pullover is similar in terms of movement, The big advantage of the pullover is that you can overload with more weight during the
stretching phase of the lift. That said, your lats become less activated as the weight moves over. So, unlike the pushdown, which is a lat isolation exercise, the pullover is a lat and upper chest exercise. As for equipment, the dumbbell pullover is a lat isolation exercise, the pullover is a lat and upper chest exercise.
to grip and hand positioning. You can try both to see what works best for you. Form Tip: You can do this exercise two ways. One is with your back fully lying on the bench). The dumbbell variation below shows the latter. To start, hold a barbell or EZ bar
with an overhand grip at shoulder width. Then bring the bar straight back and down. Your arms should be straight, with just a slight bend in your elbow. Bring your arms fixed, pull the bar over until your arms are straight
up above your chest. Use your lats to power the movement as you pull from the bottom up.Lower your arms in a fixed position at all times. This movement is simply shoulder extension/flexion. No elbow movement. Dumbbell PulloverThe
dumbbell pullover with this body positioning allows you to better target your lats rather than your chest. So we recommend positioning yourself off the back like the barbell pullover above. Programming Tips For Lat MusclesIf you want to build your lats fast (or at least as fast as humanly
possible), there are a few things you need to consider: Type of Exercises & Variety VolumeIntensity Progression DietLets go over each of these points. 1) Types of Exercises & Variety: There are three main types of exercises for the lats: Vertical Pulls (i.e. pull ups, pulldowns) Horizontal Pulls (i.e. rows) Shoulder Extension Exercises (i.e. pushdowns) If you
want well-developed lats, you need to do all three of these types of movements, as each one targets the lat muscle differently. Whats more, you need to consider the way your arm is moving, or in other words, the action of your shoulder joint, as that will determine which region of the lat is being worked more or less. Shoulder adduction targets the
upper lats best (i.e. wide grip pull ups), horizontal abduction targets the middle lats best (i.e. rows), and shoulder extension targets the lower lats best (i.e. pushdowns). Depending on your grip and angle of your body, the action of your shoulder joint can change, which in turn means your back muscles are worked differently. Grip positioning plays an
important role in determining which region of the muscle is at the greatest advantage, not to mention, whether the lat is the primary focus or not. For example, overhand barbell rows will work your middle lats more because it involves more horizontal abduction with your arms flared out, whereas reverse grip keeps your elbows tucked thus making
the movement act more on shoulder extension. So, with the same bent over row, you can target your middle or lower lat more simply by changing the grip. The same is true for vertical pulls. With wide grip pulldowns or pull ups, the movement will be more shoulder adduction, whereas with a close grip, your elbows are tucked and the movement acts
on shoulder extension. This is why variety is key. By changing grip and performing vertical and horizontal pulls as well as shoulder extension based movements, you will be able to develop your lats as fully. Now, it should be noted that no matter what lat exercise you are doing, your entire latissimus dorsi will be working. You CANNOT isolate your
upper, middle, or lower lats. Again, its just certain movements also do a better job of activated more or less. Certain movement plays into variety as well, whether you just want to change things up to stress your muscles differently (i.e. use dumbbells rather than a barbell to work each side
independently and iron out muscle imbalances or do seated rows rather than bent over rows to take your low back and legs out of the equation a bit) oryou just dont have access to certain equipment. All that said, some equipment is better than others for developing the lats. Most would say that the barbell is the best for rows, with dumbbells being a
close second, and pull ups being the best for vertical movements (weighted pull ups if you are strong enough). This is because they are the hardest and provide the most load potential. Be that as it may, other equipment like cable machines most certainly have their place, as we will explain when we demonstrate all the different variations. 3) Volume: By
volume, we are referring to rep range for hypertrophy of the lats is 10-15 reps. You can even go higher depending on the exercise. If you want to focus more on strength, which you should too, lower reps are also good as well. The best rep range for strength will be somewhere in the 6-10 rep range, give or take. Its
important that you train for both strength and hypertrophy. So, mix things up. Plus, you will build pure size in any rep ranges, as will strength. In terms of total volume (weekly sets + reps), your lats are a tough muscle. Think about how often you hear someone tell you they tore a lat. You
probably never heard that. The point is, your lats can handle more volume than many other muscles. So, if the optimal training volume doesn't mean anything without noting intensity, and by intensity, we mean weight load. Before we get into that,
its important to understand that the latissimus dorsi has an even ratio of slow and fast twitch muscle fibers, which means its going to respond best to moderate reps as well. So, again, you should be training with the well-rounded rep scheme we
mentioned above (6-10 and 10+). In terms of weight load, we cant say what will be right for you, but an easy way to know if the weight load is appropriate is to gauge the difficulty within that rep range. If you are training
for hypertrophy and you are able to go well past 15 reps, then you need to up the weight load. The same is true for the strength rep range. Its really that simple. 5) Progression: You obviously cant keep the same intensity week in and week out. To build muscle and strength, you need to progressively make your workouts harder. This will ensure that
your muscles are being overloaded each workout so they are forced to adapt (grow and get stronger). The easiest form of progressive overload methods. Related: Progressive Overload Guide6) Diet: We arent going to
go too in-depth on this point, but you obviously need to eat enough food if you want your muscles to grow and if you want to have enough strength during workouts. When it comes to building up some big lats, you need to eat A LOT. Check out our 7-Day Meal Plan For Muscle Gain to get started! 7) Mind-Muscle Connection: None of the above about
exercising your latissimus dorsi will matter if you dont have a good mind-muscle connection. Its a lot harder with the lats since they arent on the front of your body like your chest. So, work on this
and the best way to do that is to really focus on contractionwith light weight when first starting out, and then progressing from there. HOW TO INCORPORATE LAT EXERCISES INTO YOUR WORKOUTSThis really depends on your training program. Its going to be different if you do a body part split comparing to a full body split or upper lower
split.Ultimately, the goal is to get around 15+ sets in per week. This includes vertical pulls, horizontal pulls, and pushdowns/pullovers. Since a lot of people do back days or pull days, here is an example of a well-rounded back workout that has plenty of lat volume.data table Exercise Sets Reps Weighted Pull Ups 36-12 Bent Over Barbell Rows 36-12 T-Bar
Rows38-15Lat Pulldowns310-12Lat Pushdowns310-12Lat Pushdowns31-Lat Pushdowns310-12Lat Pushdowns310-12Lat Pushdowns310-12Lat Pus
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the week. Here are the 5 best training splits(with full routines), each of which will ensure you are getting enough work in for your lats. BEST LATISSIMUS DORSI EXERCISES AT HOME (BODYWEIGHT LAT EXERCISES) Whether you don't have access to equipment or you simply prefer bodyweight training at home, the below exercises are your best
option for developing and strengthening your latissimus dorsi muscle.1) Pull Ups & Chin Ups:Weve already discussedthe benefits of pull ups and chin ups are a must.2) Inverted Rows:Weve also already covered inverted rows,
but we used a smith machine above. You dont actually need a smith machine to do inverted rows (although it is arguably the best option due to your ability to change the height of the bar easily). There are many ways you can do inverted rows, from under a table to a set up with chairs as seen in the pic above. Figure out a good set-up and get them
done. This is going to be the best bodyweight row you can possibly do. Note: If you have a suspension trainer, you can use it for rows as well. These are very effective. 3) Towel Rows: Get a towel and anchor it to something at about chest height and perform rows! Its essentially like an inverted row but from a standing position (its easier, but if you use
high reps and volume, squeeze the heck out of your lats, and work on full range of motion, it can be effective for your lats). You can increase the difficulty with one arm towel increases stability, range of motion, and grip demand, so it is harder. 4)
Resistance Band Lat Exercises: With resistance bands, you can mimic all of the free weight exercises above. For example... Bent Over Rows Single Arm Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises as weve covered this in another post. Related: Resistance Band Row & Pulldown Variations Progressive
overload with bodyweight lat exercisesWith free weights and other equipment, you can progressive overload by increasing weight load. With body weight lat exercisesWith free weights and other equipment, you can progressive overload by increase intensity...You can
increase reps and volume, decrease rest time, slow down your tempo, speed up your tempo, and do harder bodyweight exercises. Play around with these variables and you will be able to keep making your workouts harder, thus overloading your muscles to force them to continue adapting. It wont be as easy as with weights, but you can surely build
your lats in any case. BENEFITS OF HAVING STRONG WELL DEVELOPED LATSThe lats are an interesting muscle in that they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small role in the average (modern) persons daily life, but they play a small 
standing up regularly). With that, if you don't workout, your lats can easily be underdeveloped. Now, your lats are not completely unused during the day, as they are involved in things like pulling on a shirt, closing a cars trunk, and swinging your arms while walking, but this is obviously not enough. So, while the lats may not play a big role in your daily
life, unless you are required to do things like climbing and swimming, if you plan to get into fitness or some sport, having else will follow. Thats how big of a role they play in fitness. The main purpose of your lats, in a simplified manner, is to
provide shoulder strength and back strength and to help protect and stabilize your spine. So, the stronger you will be at a spinal and shoulder level (two of the most susceptible areas in the human body). Whats more, strength training
is also a form of dynamic stretching, so as long as you are using a full range of motion, as you are strengthening your lats, they will also become more flexible and mobile, which in turn will help you to move better. When it comes to lifting, having strong lats means you can deadlift, squat, bench press, overhead press, row and pull with heavier weight
and more intensity. This is not just important for all the muscles of your lats, but it is also important for all the muscles we mentioned that work with the lats, which are basically all of the muscles of your back, your deltoids, biceps, forearms, triceps, and pecs. Strong lats = a strong, well-developed, resilient upper body. In terms of aesthetics, the lats
are a crucial muscle to have well developed. With well-developed lats (and shoulders and pecs), you will have that V tapered look, which makes your shoulders look wider and yourwaistmore narrow. Ergo, if you want to have an aesthetically impressive body, you need to develop those wings (evocative term for lats). Not only does it look great (on a
level so deep it is basically in our DNA), but it is also a clear sign of power (which is instantly recognizable). Note: Some people have a higher or lower insertion of the lats, which changes how their upper body tapers. But either way,
you simply can't go wrong with big lats. Why are my lats so weak? Hearing all of these great things about the lats, you might be thinking, "damn my lats aremore like flats... why are my lats so weak? Hearing all of these great things about the latissimus dorsi can be weak and underdeveloped for a few reasons: You dont workout. You dont workout correctly (poor form). Other
muscles are overactive during lat exercises. The first one is an easy fix, just start working out and be sure to do a variety of pulling exercises from all angles (horizontal and vertical pulls + shoulder extension exercises). Check out our lat workouts for some additional inspiration. The other two need a little more understanding, which is why we are
here. If your form is poor (for example, you use too much traps and/or biceps for pulling exercises), then you need to pay attention to how to do each exercise and use lighter weight until you know how to activate your lats when performing them. If other muscles are overactive during your pulling exercises, and this is not due to poor form, then you
need to build that mind muscle connection, which also starts with lighter weight, and you may also need to try out some different exercises that better target the lats for you. Switching up your grip may help you deactivate other muscles a bit and increase engagement of your lats. For example, switching from overhand to underhand rows will greatly
change the dynamics of the muscles worked, allowing you to hone in on your lats a little more. The good news is, your lats can (and will!) grow and get strongerusing the exercises we went over above. FAQsRemaininglatissimus dorsi muscle exercises we went over above. FAQsRemaininglatis are the faque of the fa
definitely one of the more problem areas for beginners simply because its hard to engage them properly. It takes time to learn how to hone in on them and build that mind muscle exercises, with the right load, the right volume, and use progressive
overload, your lats will surely grow. Moreover, you need to eat a lot. The latissimus dorsi is not a muscle like the calves, whichare really hard to grow. As long as you are doing things right in the gym, size and strength will come. However, it is a very big muscle, so it takes hard work and timenonetheless. HOW LONG DOES IT TAKE FOR THE LATS TO
GROW?If you follow everything below and stick with it, as a beginner, you can see some significant growth in 6 months. The lats are a little slower of a muscle to grow, similar to the legs. Being that the lat is so big, its going to take time to see some results. But if you stick with it and follow the information below, you can expedite the process of
growth.HOW TO WARM UP THE LATS BEFORE WORKING OUT? The best way to warm up your lats before working out are with some dynamic lat stretches and by doing lightweight resistance exercises with a full range of motion to get the blood flowing, increase body temperature, and optimize mobility. Some good warm up lat exercises are
 lightweight pushdowns and seated rows. Resistance bands are also a great way to warm up. You can perform a few different resistance band rows and pulldowns before you get into the weights. Also, if you are doing heavy lifting, then start light and work your way up to your working set. For example, if your workout begins with bent over rows, do a
few warm up sets, increasing the load each time until you are at your working weight. What is the best lat exercises and see some fantastic results. So, if we are to narrow down the best exercises for latissimus dorsi, they would be: Pull Ups/Chir
Ups (Weighted If possible) Underhand Bent Over RowsLat Pushdowns If a beginner cant do pull ups or chin ups, lat pulldowns with the same grip would be the next best thing. With these three exercises, you will be working your lats through all of the main actions, so you can get full development. In terms of muscle activation, pull ups and chin ups and chi
bent over rows are shown to have the highest results with EMG studies, so while other exercises are good, these are the best. As you become more advanced, you will need to add more variety to your training, but if you are looking for somewhere to start, this is it. How can I train my lats without a pull up bar? If you dont have a pull up bar, you
obviously cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that said, we highly a set of resistance bands. With that said, we highly a set of resistance bands are not of the resistance bands. With that said, we highly a set of resistance bands are not of the resistance bands. With that said, we highly a set of resistance bands are not of the resistance bands. With that said, we highly a set of resistance bands are not of the resistance bands. With that said, we highly a set of resistance bands are not of the resistance bands. With that said, we highly a set of resistance bands are not of the resistance bands. With that said a set of resistance bands are not of the resistance bands are not of the resistance bands. With that said a set of resistance bands are not of the resistance bands are not of the resistance bands. With that said a set of resistance bands are not of the resistance bands are not of the resistance bands. With that said a set of resistance bands are not of the resistance bands are not of the resistance bands. With the resistance bands are not of the resistance bands. The resistance bands are not of the resistance bands are not of the resistance bands are
recommend getting a pull up bar or finding one at a park nearby and doing pull ups. Its the best body weight lat exercise you can get pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups. Its the best body weight later to the probably can find a beam of some sort to do pull ups. Its the best body weight later to the probably can find a beam of some sort to do pull ups. Its the beam of some sort to do pull ups. Its the beam of some sort to do pull ups. Its the beam of some sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of sort to do pull ups. Its the beam of so
Up Bars for you to check out. Do push ups work latissimus dorsi? Like bench press, push ups will work your lats, particularly the middle lats, as the movement requires horizontal abduction. However, push ups are not going to be enough for the best possible lat development, so we highly recommend adding the above lat specific exercises into your
home workouts. Aredeadlifts a good lat exercise? Deadlifts are a must and they will do a great job of strengthening your lats as well, especially if you do wide grip variations of the deadlift. We didn't include it in your routine. With the lat
exercises above, you will see serious improvements in your deadlifts over time as the lats play an important role in deadlifting. What causes tight from certain injuries or simply a lack of stretching and using a full range of motion. Remember
the concentric phase of lifting (squeezing of the muscle) is important, but the eccentric phase, you really shouldnt have an issue with your lats becoming tight as you will be dynamically stretching them as you workout. That said, your lats
can still become tight for one reason or another, and if they do, you should knowhow to stretch them. How do you stretch them. How do you stretch, and the bench kneeling lat stretch, and the bent over lat stretch. Foam rolling is also important. Check out
our article on the 10 Best Lat Stretches For Before & After Workouts for detailed information on how to perform each of these, along with many others. Exercises For Latissimus Dorsi: Final Takeaways Now that you are armed with everything you need to know about developing your latissimus dorsi, its time to go out there and put your lats and these
exercises to the test! A few final pointers: Aim to work your lats twice weekly for muscle hypertrophy, allowing them to rest in between sessions, which is key for muscle recovery. It's also essential that you eat to build muscle, meaning you need to be in a small calorie surplus of 300 to 500 calories. Follow my workout advice and use these exercises for
the latissimus dorsi muscle, and massive wings are yours for the taking.Looking for an effective workout featuring many of these exercises? Check out our Best Lat Workouts For A Bigger, Stronger Back! Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12
pounds of muscle over 90 days... You might not think of the lats as a mirror muscle as they are on your back. However, if you have a nice set of wings, you can see the lats from all angles. After all, its the biggest and broadest muscle of your upper body. And while a wide set of lats is impressive looking, the muscle also plays a major role in fitness and broadest muscle of your upper body. And while a wide set of lats is impressive looking, the muscle also plays a major role in fitness and broadest muscle of your upper body.
athletic performance. So, needless to say, for both aesthetics and performance reasons, its important that you give your lats the attention they deserve. And that's where we come in. In this article, we have compiled the 14 absolute best lat exercises for you (plus bodyweight lat exercises you can do at home). Moreover, we are going to explain literally
everything that you need to know about developing your lats to their fullest potential. Table of Contents: What Is The Latissimus Dorsi MusclesBest Lats WorkoutBest Exercises For Latissimus Dorsi Without EquipmentHow to
Progressive Overload Exercises For Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus Dorsi At HomeBenefits On Your Latissimus Dorsi At HomeBenefits On Your Latis May Be WeakFAQsWhat is the latissimus Dorsi At HomeBenefits On Your Latis May Be WeakFAQsWhat is the latissimus Dorsi At HomeBenefits On Your Latis May Be WeakFAQsWhat is the latis No. 1997 A No. 
course, have two lats, one on each side of your spine. The word latissimus dorsi comes from Latin, with latissimus meaning back. In fact, its the largest and broadest muscle in your entire upper body. When people say build back width, they are
referring to the lats. If developed enough, youll have that awesome aesthetic v-taper. Anatomy of the latissimus dorsi arises from the spine (T7 all the way down to the L5 vertebrae), thoracolumbar fascia and lower part of the scapula and inserts into the humerus (upper arm bone) underneath the bicep. You can feel your lats by
simply running your hand along your posterior side from under your shoulder all the way down to your lower traps) right in the center-middle part of the latissimus dorsi is adduction, horizontal abduction, and extension, as well as
internal rotation of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward your body from the side (i.e. wide grip pull ups) Horizontal Abduction: Lowering your arm toward yo
pushdowns or swimming) Internal Rotation: Bringing your arm towards the midline of your body (i.e. arm wrestling) Its a super strong muscle that facilitates movements of the arm when your torso is fixed and vice versa. The lats also assist in keeping your scapula against your thorax during upper arm movements, as well asother stability roles for your body (i.e. arm wrestling) Its a super strong muscle that facilitates movements of the arm when your torso is fixed and vice versa. The lats also assist in keeping your scapula against your scapula again
spine. It should be noted that most movements powered by the latissimus dorsi also concurrently recruit the teres major, posterior deltoids, long head of the triceps brachii, and other shoulder and scapular stabilizer muscles. Moreover, most compound movements of the latis involve elbow flexion, which means the biceps and forearms will be involved
(which is why back and biceps are so often worked on the same day by bodybuilders). As such, there is no way to completely isolate the lats. Upper, Middle, Lower Lats: While the latissimus dorsi isa single muscle and the entire latissimus dorsi isa single muscle is at
the greatest advantage (and thus activated the most). This is why the lats are often broken down into three parts in fitness, the upper lats are at a biomechanical advantage during movements that involve horizontal
abduction of the shoulder. The lower lats are at a biomechanical advantage during movement of your lats as a whole. All in all, your lats are a very big and strong muscle that is involved in pretty much
every compound movement of your upper body, whether that be as a primary mover or stabilizer. The lats play a role in every pulling exercises (to some degree, often a high degree) and even pushing exercises. 14 BEST LATISSIMUS DORSI EXERCISES are not every pulling exercises.
are the absolute best latissimus dorsi strengthening exercises. We will categorize the exercises by vertical pulls, and shoulder extension exercises, while making note of the emphasized region of your lat (upper, middle or lower) where necessary. As not everyone has access to the same equipment, for certain exercises, we will provide
alternative examples using different equipment. Note: We will also highlight the best lat exercises for home (without equipment). So, if you want to build your lats purely with bodyweight exercises, skip through these 14 latissimus dorsi gym exercises. VERTICAL PULLSVertical pulls involve pulling a weight down vertically in relation to your torso. The
three main types of vertical pulls are pull ups, chin ups, and lat pulldowns. All vertical pulls are categorized by pull ups, chin ups, and pulldowns, different grips and equipment can be used, which is why we have more than just 3 exercises. And as we mentioned, grip makes a big
difference, so this is not just redundancy.1. Wide Grip Pull Up: The wide grip overhand pull up is the hardest pull up variation you can do. Moreover, it hones in very well on the lats. Essentially, the wider your grip, the less help your lats get help from other muscles, including your biceps and forearms. Its about as isolated as a lat exercise is going to
get.In terms of the lat itself, because the movements primary action isshoulder adduction, the upper region of the lats will be activated most. Form Tips: Dont go too wide, your arms should make a Y from the starting, hanging position. And if this is too hard, bring your hands in closer, you will still get great lat activation. Be sure to keep your core
engaged. Glutes too! From a dead hang, draw you scapula down and together, which will raise your body. Stop when your chin is above the bar and your chest is as close to the bar as possible. Dont lose your form at the top by letting your shoulders round forward. Your
head should remain straight forward at all times. Use a full range of motion each rep for best results and lat development (go all the way down and all the way up!) Weighted Pull UpsWhen you are able to do 3-4 sets for 10-12 reps of wide grip pull ups, its time to add some weight. Use a dip belt and connect a plate (start light) and then perform as
many pull ups as you can (i.e. 6+). When you reach 10-12 reps, up the weight slightly and repeat. Weighted pull ups is a must if you want to keep progression rolling. Its far better than doing countless reps with just your bodyweight. Related: Pull Up Alternatives 2. Close Grip Chin Up: Unlike the wide grip pull up, the close grip chin up is more of an all
around back exercise, as many other back muscles, as well as your arms, are going to be able to help power the movement involves more shoulder extension, which means your lower lats (and mid lats) are going to be activated to a higher
degree. Form Tips: Position your hands about 3-5 inches apart with an underhand grip. Hang with your chest touches the bar. Hold the top position if you can for a moment, then slowly lower yourself down to a full
hang.Really feel your lats squeezing as your pull yourself up.Weighted Chin UpsJust like pull ups, when you can do 10-12 clean, full reps, then you can start to add weight more. The same form rules apply when weight is added, no
cheat reps!Related: Pull Ups vs Chin Ups - Muscles WorkedAssisted Pull Ups & Chin UpsFor beginners who cant do pull ups (or not enough for adequate volume), there are two ways that you can use the dead hang to build upper body strength before moving on to a full
fledged pull up. With a pull up assist machine, test out the weight assistance you need for 6-12 reps to failure. Then, as you progress, slowly lower the amount of assistance. Eventually, you will be ready to do bodyweight pull ups (and chin ups). We recommend doing pull ups and chin ups when you can do a minimum of 5 clean reps on your own. Pull ups
assistbands work in the same way. You can start with a heavier band or multiple lighter band or remove a band. The total resistance that a band has is the total assistance you will get. So if a band has around 80lbs of assistance, it is essentially taking 80lbs off your bodyweight. If you use two bands
at once, combine the total resistance of both (so if youare using a light yellow band that has 35lbs of assistance and a black band with 50lbs of resistance at the same form as you would with bodyweight pull ups when doing assisted pull ups! Teach yourself how to move correctly right from the
start.Related: Pull Up Progression Plan To Master The Pull Up3. Wide Grip Cable Lat Pulldown is the cable machines version of the wide grip pull up. It works your arms in the same way (shoulder adduction), so the emphasis is on your lats, with your upper lats receiving the greatest demand. Now, you might be wondering,
why do pulldowns if you are doing pull ups already. Well, there are a few reasons why the cable pulldown is great in addition to pull ups. First, the pulldown allows you to increase the volume (remember, your lats need high volume for best development potential).
through this plane of motion. Second, the lat pulldown makes honing in on your lats (mind-muscle connection) easier, so you can stretch and squeeze them as much as possible. Lastly, pulldowns are a good option for beginners who have trouble with pull ups, as you can control the weight. Form Tips: Like a pull up, you want to keep your torso as upright
as possible. Your arms should make a Y from the starting position. Your arms should be extended from the starting position, so lower the seat if needed. You want to feel a stretch in your elbows down to your side as you pulldown on the bar. Keep
your core right and head straight forward throughout the exercise. Move slowly on the eccentric phase (the upward motion). Related: Lat Pulldown Alternatives 4. Close Grip V-Handle Lat Pulldown Straight forward throughout the exercise. Move slowly on the eccentric phase (the upward motion). Related: Lat Pulldown Alternatives 4. Close Grip V-Handle Lat Pulldown Straight forward throughout the exercise.
involves a high degree of shoulder extension. With that, your lower lats are going to beat a greater advantage. Whats more, with this variation, you should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown this variation, you should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown this variation, you should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown this variation, you should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown this work is a supplication of the play to a higher degree of should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip lat pulldown the play to a higher degree of should be leaning to the play to a higher degree of the play to a hi
incorporates more muscles, so it will allow you to use a heavier load, in addition to the leaning motion of your torso. Furthermore, comparing to the traditional lat pulldown, you will have a considerably greater range of motion with this exercise. With that, its a great exercise for building STRONGER more mobile lats, not just bigger lats. Form Tips: Use
a v-bar handle. Start with your arms fully extended and your torso upright. Brace your core and keep your lats first and foremost. Keep your focus on your lats. As you pulldown, lean back slightly. Your body should make a 30-45 angle from the starting upright position. Move very slowly on the eccentric phase to really
maximize the effectiveness of this exercise and the stress on your lats. Close Underhand Grip Pulldown on certain grip with the straight pulldown bar. Plate Loaded Pulldown on certain
days. Some, like the one pictured, will allow for different angles too, enabling you to stress different regions of your lats. This one is kind of like a mix between a pulldown machine or you simply want to change things up, the cable crossover machine lat
pulldown is an awesome variation to hone in on your lats. The biggest difference with this variation is your grip position. Your arms are going to be very wide and your hands will be in a neutral position. Your arms are going to be very wide and your hands will be in a neutral position. This makes it really great for your upper lats (shoulder adduction) and teres major. Not to mention your lower trapezius. Another cool thing about this
exercise is how well you can squeeze and stretch your lats. You can really optimize tension with this one. Form Tips: Set up the cable crossover machine at an appropriate height so that your arms are fully extended and you have a stretch in your lats when in the tall-kneeling position. Use stirrup handles. From the tall kneeling position with your arms are fully extended and you have a stretch in your lats.
fully extended in a neutral grip, brace your core and keep the tall-kneeling position fixed, then pull your elbows down and in toward your body using your lats to power the movement. Squeeze at the bottom the best you can to maximize contraction tension. Move slowly on the eccentric phase until your arms are fully extended and you have a stretch in
 extension, and thus work your lower lats more. Another reason this exercise is good is that you can focus on just one side at a time, which can help you iron out muscle imbalances and asymmetries. Moreover, you canmaximize range of motion with this one. Note: Being that this is a half-kneeling position, not only will your back be working, but your
glutes will too for stability purposes. Half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling stance with your working sides shoulder in line with the pulley handle. The handle should be up high so that when you are holding the handle in the starting position, your arm is fully
 extended and you have a stretch in your lats. Use a neutral grip. Pull your arm straight down, moving your elbow in a straight path. At the end range, your elbow should be tucked to your side. Squeeze your lat at the bottom and then slowly return it back to the starting position with your arm fully extended. HORIZONTAL PULLSHorizontal pulls involve
pulling a weight toward your body. In other terms, horizontal pulls are rows, teated cable rows, teated rows, teat
muscles in your back. Obviously, we are going to focus on the rows that best hit your latissimus dorsi. The bent over Barbell Row: The bent over barbell row is the king of rows. It is the row that allows you to lift the most weight and is definitely the best option for building serious back and pulling strength, as well as packing on muscle. With
bent over barbell rows, you have two main grip variations, underhand and overhand grip. While both underhand row is lat centric (middle and lower), whereas the overhand row is more for your upper back, targeting yourtraps and rhomboids. As such, we have are displaying the underhand row is more for your upper back, targeting yourtraps and rhomboids. As such, we have are displaying the underhand row is more for your upper back, targeting yourtraps and rhomboids. As such, we have are displaying the underhand row is lat centric (middle and lower), whereas the overhand row is more for your upper back, targeting yourtraps and rhomboids. As such, we have are displaying the underhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower), whereas the overhand row is lat centric (middle and lower).
bent over row (aka reverse grip bent over row). Form tips: Put a slight bend in your knee and push your hips back (high hip hinge) then lean your torso forward so your body is just above parallel with the floor. Your spine should be straight (no arch in your back). Pick up the barbell using an underhand grip, with your hands positioned about shoulder
 width apart (just outside of your hips). While maintaining the bent over position, row your arms straight back until your elbows are in full extension. Yates RowThe Yates row was created by Dorian Yates, who is known for having a very impressive back. It isa
variation of the underhand grip bent over row. Basically, it is the same thing, but you position your abs. The benefit of the Yates row is in hits your upper back well too and you can lift more weight. More weight is always ideal
for building overall strength and muscle as well as boosting androgenic hormones. This exercise will directly translate to bigger deadlifts. Smith Machine Underhand Bent Over RowYou can use
dumbbells for bent over rows as well. With dumbbells, each arm will be working independently, which ensures that both sides are working evenly. This can help youfix muscle imbalances. Furthermore, with dumbbell bent over rows, you can have a greater range of motion on the concentric phase, maximizing the squeeze at the top of the row. Note:
You can also use a neutral grip with dumbbells.EZ Bar Bent Over RowThe only real benefit of the EZ bar for bent over rows is it is a little easier on your wrists as you can position them in a more natural way (slightly neutral).8. Pendlay row was created by Glenn Pendlay, an Olympic weightlifting coach. This is a great power and
strength exercise for the back muscle, with one of the main movers being the lats. A big differencebetween the Pendlay row and the main action is horizontal abduction - middle lats). In addition, you row the barbell up to your upper
abs/lower chest, rather than your lower/middle abs, bringingthe barbell down to the floor for each rep, and movingthe barbell quickly and explosively off the floorevery time. Overall, it is a pure back builder, so its going to work all the muscles of your back. Its great for your lats a whole, but the emphasis is on the middle lats, which is the biggest area
of your latissimus dorsi. Form Tips: Get into a bent over position with your body parallel to the floor, row it up to your upper abs/lower chest in an explosive manner, but keep good form. Bring the barbell back as slowly as you can to
the floor (dead stop on the floor).9. T Bar Row: The T-bar row with a v-handle is an extraordinary exercise for building a thicker wider back. Your body positioning, grip, and the load positioning is what separates it from the bent over all it hits
your lats a bit differently. Its very effective at activating the low central region of your lats. Form Tips: Stand over the bar with a wide stance. Get into a bent over position with your spine straight and chest up. Your feet should be positioned around 8-12 inches behind the plates. You can practice with the bar unloaded or with light weight first to get
 your feet position down. Your arms should be fully extended in the starting positioning. Contract your glutes and core and pull the weight towards your upper abdomen. Squeeze your lats at the top and then very slowly lower the bar back down until your arms are fully extended. 10. Kroc Row: The Kroc row (aka single arm row) is great for your entired.
back (as well as your grip strength), but in terms of the lats, it does a really good job of activating them through a wide range of motion. It also enables you to focus on one side at a time with maximum weight. This is a great lat exercise with dumbbells to build your wings. Besides being an excellent exercise for your latissimus dorsi, its really a good
overall upper body exercise. Its going to work your core significantly through stability, anti-rotation demands and your left leg in line with your hips (and knee of the propped leg). Your shoulders should be slightly
higher than your hips. So about a 15 angle from parallel (for the Kroc row). With your elbows are fully flexed. You can use momentum with Kroc rows (which allows for heavier weight). Squeeze as best your can at the top, then slowly lower your arm to full extension. Be sure to keep your
core and hips engaged at all times to avoid leaning. Your hips and torso must be squared forward throughout the exercise. 11. Seated Underhand Rows: You can do seated underhand row is just like the barbell bent
over row in terms of how the lats are targeted, but it allows you to take your lower body and lower back out of the equation. Thus, it is more of a lat isolation row exercise...or at least as isolated as its going to get. While you can do overhand and underhand rows for your lats, the underhand grip is going to allow for better lat activation, but we still
recommend doing both grip variations. Form Tips: Position yourself so your torso is perfectly upright. When holding the handle (with your underhand grip), your arms should be fully flexed in the end range). Dont lean your torso backward
as you row. The movement is purely at the shoulders and arms. Squeeze the heck out of your lats, then slowly return your arms to full extension. Here is an example of another machine for seated chest supported rows. We recommend lifting the seat so that you are rowing to your lower ab level for best activation of the latissimus dorsi muscle. Related:
Best Cable Back Exercises 12. Underhand Inverted Rows: The inverted row is essentially the pull up of rows, albeit its easier than a pull up. In addition, it is a bodyweight training. Even bodybuilders do inverted rows. At the end of a workout
repping out on inverted rows can be a great way to bring your lats and back to full exhaustion. And while it may look easy, when done properly, it is quite challenging. You should be using a full range of motion. Moreover, difficulty can be increased by bringing your feet off the floor onto a bench. As for beginners, this is a great exercise to build up
rowing strength, and it will also translate to improvements in your pull up and chin up game. As for grip, we chose the underhand grip as it better targets the lats, as youve probably gathered by now. The good thing about using a smith machine is that you can set the bar to different heights, allowing you to make the movement easier or harder. The
closer your body is to parallel with the ground, the harder it will be. Form Tips: Get under the bar and use an underhand grip with your feet out so your feet up on a platform if you want to increase the difficulty. With your arms fully extended, retract your shoulder
blades then pull your elbows down to lift your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body up all the way until the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row you have your body toward the bar. Row you have your body toward the bar. Row you have you ha
similar set up at home using a couple of chairs and a beam of some sort positioned on top of them (we will show you what we mean in the home lat exercise section soon to come). SHOULDER EXTENSION (PUSHDOWNS & PULLOVERS) While rows and pulldowns involve shoulder extension, some more, some less, they are not purely based on shoulder
extension like lat pushdowns and pullovers. As such, lat pushdowns and pullovers are essential for full development of the lats. Remember, shoulder extension is one of the main responsibilities of the lats. That said, lat pushdowns and pullovers are more of an accessory exercise on back day. They should be done near the end of your workout (or
beginning with light weight just to get the blood flowing to your lats).13. Lat Pushdown, also called a pullover, is the first lat exercise up till now that has no elbow movement is purely shoulder extension. It is essentially a lat
isolation exercise that is particularly good for the lower central region of your lats. Form Tips: Set up a cable pulley machine with a straight bar attachment. Bring your hands a little wider than shoulder width apart. Step a few feet away from the machine so that in the starting positioning with your arms up, you feel a stretch and tension in your
back/lats.While keeping your torso firm and your arms fixed, push the bar down toward your hips.Flex your back at the bottom hard then very slowly return your arms to the starting position. Another way to do the cable pushdown is to start with a slight bend in your knees, your hips back, and your torso leaning slightly forward. Then as you press
down, you perform hip extension (bring your hips to neutral) while pressing your chest up proud and squeezing the heck out of your lats. Essentially, with the backrest, you can be
sure you have no movement at your torso. To do this one, position an incline bench so that it is facing away from the machine. Sit on it, then grab the straight handle overhead behind you at about shoulder width and pushdown with your arms fixed as seen in the pic. 14. Lat Pullover: The lat pullover is similar in terms of movement pattern. It is also a
purely shoulder extension movement. The big advantage of the pullover is that you can overload with more weight during the stretching phase of the lift. That said, your lats become less activated as the weight moves over your head and upper
chest exercise. As for equipment, the dumbbell pullover is the most popular, but we find the barbell gives better lat activation due to grip and hand positioning. You can try both to see what works best for you. Form Tip: You can do this exercise two ways. One is with your back fully lying on the bench and the other is with your back lying off the side of
the bench (just your upper back on the bench). The dumbbell variation below shows the latter. To start, hold a barbell or EZ bar with an overhand grip at shoulder width. Then bring the bar straight back and down. Your arms should be straight, with just a slight bend in your elbow. Bring your arms down behind you as far as you can comfortably go.
You want to feel good stretching tension in your arms fixed, pull the bar over until your arms fixed, pull the bar over
fixed position at all times. This movement is simply shoulder extension/flexion. No elbow movement. Dumbbell pullover with this body positioning yourself off the side of the bench rather than with your back fully on the back like the barbell
pullover above. Programming Tips For Lat MusclesIf you want to build your lats fast (or at least as fast as humanly possible), there are a few things you need to consider: Type of Exercises & Variety: There are three main types of exercises for the
lats:Vertical Pulls (i.e. pull ups, pulldowns)Horizontal Pulls (i.e. rows)Shoulder Extension Exercises (i.e. pushdowns)If you want well-developed lats, you need to do all three of these types of movements, as each one targets the lat muscle differently. Whats more, you need to consider the way your arm is moving, or in other words, the action of your
shoulder joint, as that will determine which region of the lat is being worked more or less. Shoulder adduction targets the upper lats best (i.e. rows), and shoulder extension targets the lower lats best (i.e. pushdowns). Depending on your grip and angle of your body, the action of the lat is being worked more or less. Shoulder extension targets the upper lats best (i.e. pushdowns).
your shoulder joint can change, which in turn means your back muscles are worked differently. Grip positioning plays an important role in determining which region of the muscle is at the greatest advantage, not to mention, whether the lat is the primary focus or not. For example, overhand barbell rows will work your middle lats more because it
 involves more horizontal abduction with your arms flared out, whereas reverse grip keeps your elbows tucked thus making the movement act more on shoulder extension. So, with the same is true for vertical pulls. With wide grip pulldowns or pull ups
the movement will be more shoulder adduction, whereas with a close grip, your elbows are tucked and the movement acts on shoulder extension based movements, you will be able to develop your lats as fully. Now, it should be noted
that no matter what lat exercise you are doing, your entire latissimus dorsi will be working. You CANNOT isolate your upper, middle, or lower lats. Again, its just certain regions will be activated more or less. Certain movements also do a better job of activating the lat as a whole, too.2) Equipment: Equipment plays into variety as well, whether you just
want to change things up to stress your muscles differently (i.e. use dumbbells rather than a barbell to work each side independently and iron out muscle imbalances or do seated rows rather than bent over rows to take your low back and legs out of the equation a bit) oryou just dont have access to certain equipment. All that said, some equipment is
better than others for developing the lats. Most would say that the barbell is the best for rows, with dumbbells being a close second, and pull ups if you are strong enough). This is because they are the hardest and provide the most load potential. Be that as it may, other equipment like cable
machines most certainly have their place, as we will explain when we demonstrate all the different variations.3) Volume: By volume, we are referring to rep ranges and total volume. The best rep range for hypertrophy of the lats is 10-15 reps. You can even go higher depending on the exercise. If you want to focus more on strength, which you should
too, lower reps are also good as well. The best rep range for strength will be somewhere in the 6-10 rep range, give or take. Its important that you train for both strength and hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy. So, mix things up. Plus, you will be gained in the hypertrophy.
volume (weekly sets + reps), your lats are a tough muscle. Think about how often you hear someone tell you they tore a lat. You probably never heard that. The point is, your lats are a tough muscle groups is 10-15 sets per week, you can up this to 15-20+ sets for the lats.4)
Intensity: Volume doesnt mean anything without noting intensity, and by intensity, we mean weight load. Before we get into that, its important to understand that the latissimus dorsi has an even ratio of slow and fast twitch muscle fibers, which means its going to respond best to moderate loads for moderate to higher reps. However, it will do well with
moderate-heavy loads for moderate reps as well. So, again, you should be training with the well-rounded rep scheme we mentioned above (6-10 and 10+). In terms of weight load, we cant say what will be right for you, but an easy way to know if the weight load is appropriate is to gauge the difficulty within that rep range. Essentially, if you are working
for 10-12 reps, then you want the weight load to bring you to or near failure within that rep range. If you are training for hypertrophy and you are able to go well past 15 reps, then you need to up the weight load. The same intensity week in and
week out. To build muscle and strength, you need to progressively make your workouts harder. This will ensure that your muscles are being overloaded each workout so they are forced to adapt (grow and get stronger). The easiest form of progression is to increase weight, which we recommend for beginners, but as you get more advanced, you will
need to play around with progressive overload methods. Related: Progressive Overload Guide6) Diet: We arent going to go too in-depth on this point, but you obviously need to eat enough food if you want to have enough strength during workouts. When it comes to building up some big lats, you need to eat A LOT.
Check out our 7-Day Meal Plan For Muscle Gain to get started!7) Mind-Muscle Connection: None of the above about exercising your lats. You need to be able to perform the exercises with maximum activation of your lats, and to do that, you need a good mind-muscle connection with your lats.
connection. Its a lot harder with the lats since they arent on the front of your body like your chest. So, work on this, and the progressing from there. HOW TO INCORPORATE LAT EXERCISES INTO YOUR WORKOUTSThis really depends on your
training program. Its going to be different if you do a body part split comparing to a full body split or upper lower split. Ultimately, the goal is to get around 15+ sets in per week. This includes vertical pulls, horizontal pulls, and pushdowns/pullovers. Since a lot of people do back days or pull days, here is an example of a well-rounded back workout that
has plenty of lat volume.data table Exercise Sets Reps Weighted Pull Ups36-12Bent Over Barbell Rows36-12T-Bar Rows38-15Lat Pulldowns310-12Lat Pushdowns310-12Lat Push
end. If you do a full body routine or an upper lower routine, just spread the volume out appropriately throughout the week. Here are the 5 best training splits (with full routines), each of which will ensure you are getting enough work in for your lats. BEST LATISSIMUS DORSI EXERCISES AT HOME (BODYWEIGHT LAT EXERCISES) Whether you don't
have access to equipment or you simply prefer bodyweight training at home, the below exercises are your best option for developing and strengthening your latissimus dorsi muscle.1) Pull Ups & Chin Ups:Weve already discussed the benefits of pull ups and chin ups, so you can scroll up to learn why you should do them and how to do them. As you
progress, weighted pull ups and chin ups are a must.2) Inverted Rows: Weve also already covered inverted rows, but we used a smith machine to do inverted rows (although it is arguably the best option due to your ability to change the height of the bar easily). There are many ways you can do inverted
rows, from under a table to a set up with chairs as seen in the pic above. Figure out a good set-up and get them done. This is going to be the best bodyweight row you can possibly do. Note: If you have a suspension trainer, you can use it for rows as well. These are very effective. 3) Towel Rows: Get a towel and anchor it to something at about chest
height and perform rows! Its essentially like an inverted row but from a standing position (its easier, but if you use high reps and volume, squeeze the difficulty with one arm towel rows too! Alternatively, to decrease the difficulty, usejust your
hands rather than a towel. The towel increases stability, range of motion, and grip demand, so it is harder.4) Resistance Band Lat Exercises:With resistance bands, you can mimic all of the free weight exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more... We wont go in-depth on resistance band lat exercises
as weve covered this in anotherpost. Related: Resistance Band Row & Pulldown Variations Progressive overload with bodyweight lat exercises With free weights and other equipment, you can progressive overload by increasing weight lat exercises With free weights and other equipment, you can progressive overload by increasing weight lat exercises With free weights and other equipment, you can progressive overload by increasing weight lat exercises With free weights and other equipment, you can progressive overload by increasing weight lat exercises With free weights and other equipment, you can progressive overload by increasing weight lat exercises With free weights and other equipment, you can progressive overload by increasing weight lates.
resistance bands. However, you can also use other progression methods to increase intensity... You can increase reps and volume, decrease rest time, slow down your tempo, and do harder bodyweight exercises. Play around with these variables and you will be able to keep making your workouts harder, thus overloading your
muscles to force them to continue adapting. It wont be as easy as with weights, but you can surely build your lats in any case. BENEFITS OF HAVING STRONG WELL DEVELOPED LATSThe lats are an interesting muscle in that they play a small role in the average (modern) persons daily life, but they play a big role when it comes to athletics and
fitness. Its not like your glutes or quads that are pretty active throughout the day (due to walking and standing up regularly). With that, if you dont workout, your lats are not completely unused during the day, as they are involved in things like pulling on a shirt, closing a cars trunk, and swinging your arms
 while walking, but this is obviously not enough. So, while the lats may notplay a big role in your daily life, unless you are required to do things like climbing and swimming, if you plan to get into fitness or some sport, having else will follow
Thats how big of a role they play in fitness. The main purpose of your lats, in a simplified manner, is to provide shoulder strength and back exercises (pressing and pulling) and the more injury resilient you will be at a spinal
and shoulder level (two of the most susceptible areas in the human body). Whats more, strength training is also a form of dynamic stretching, so as long as you are using a full range of motion, as you are strengthening your lats, they will also become more flexible and mobile, which in turn will help you to move better. When it comes to lifting, having
triceps, and pecs. Strong lats = a strong, well-developed, resilient upper body. In terms of aesthetics, the lats are a crucial muscle to have well developed. With well-developed lats (and shoulders and pecs), you want to have an aesthetically
impressive body, you need to develop those wings (evocative term for lats). Not only does it look great (on a level so deep it is basically in our DNA), but it is also a clear sign of power (which is instantly recognizable). Note: Some aspects of aesthetics will come down to genetics, which you cant change, so not everyone will have the same look. Some
people have a higher or lower insertion of the lats, which changes how their upper body tapers. But either way, you simply can't go wrong with big lats. Why are my lats aremore like flats... why are they so small and weak? "Well, the latissimus dorsi can
 be weak and underdeveloped for a few reasons:You dont workout.You dont workout correctly (poor form).Other muscles are overactive during lat exercises from all angles (horizontal and vertical pulls + shoulder extension exercises). Check out our lat
 workouts for some additional inspiration. The other two need a little more understanding, which is why we are nere if your form is poor (for example, you use too much traps and/or diceps for pulling exercises), then you need to pay attention to now to do each exercise and use lighter weight until you know how to activate your lats when performing
them. If other muscles are overactive during your pulling exercises, and this is not due to poor form, then you need to try out some different exercises that better target the lats for you. Switching up your grip may help you deactivate other muscles a bit
and increase engagement of your lats. For example, switching from overhand to underhand rows will greatly change the dynamics of the muscles worked, allowing you to hone in on your lats a little more. The good news is, your lats can (and will!) grow and get strongerusing the exercises we went over above. FAQsRemaining latissimus dorsi muscle
exercisesquestions? Let's answer them!IS IT HARD TO MAKE THE LATS BIGGER AND STRONGER?The lats are definitely one of the more problem areas for beginners simply because its hard to engage them properly. It takes time to learn how to hone in on them and build that mind muscle connection so that they are fully activated when they should
be.That said, if you do the right lat muscle exercises, with the right load, the right volume, and use progressive overload, your lats will surely grow. Moreover, you need to eat a lot. The latissimus dorsi is not a muscle like the calves, whichare really hard to grow. As long as you are doing things right in the gym, size and strength will come. However, it
is a very big muscle, so it takes hard work and timenonetheless. HOW LONG DOES IT TAKE FOR THE LATS TO GROW? If you follow everything below and stick with it, as a beginner, you can see some significant growth in 6 months. The lats are a little slower of a muscle to grow, similar to the legs. Being that the lat is so big, its going to take time to
see some results. But if you stick with it and follow the information below, you can expedite the process of growth. HOW TO WARM UP THE LATS BEFORE WORKING OUT? The best way to warm up your lats before working out are with some dynamic lat stretches and by doing lightweight resistance exercises with a full range of motion to get the
blood flowing, increase body temperature, and optimize mobility. Some good warm up lat exercises are lightweight pushdowns and seated rows. Resistance bands are also a great way to warm up. You can perform a few different resistance bands are also a great way to warm up.
work your way up to your working set. For example, if your working set. For example, if your working weight. What is the best lat exercise? While variety is important for building your lats over time, beginners can really stick to just a few exercises and see some fantastic
results. So, if we are to narrow down the best exercises for latissimus dorsi, they would be:Pull Ups/Chin Ups (Weighted If possible)Underhand Bent Over RowsLat PushdownsIf a beginner cant do pull ups or chin ups, lat pulldowns with the same grip would be the next best thing. With these three exercises, you will be working your lats through all of
the main actions, so you can get full development. In terms of muscle activation, pull ups and chin ups and bent over rows are shown to have the highest results with EMG studies, so while other exercises are good, these are the best. As you become more advanced, you will need to add more variety to your training, but if you are looking for somewhere
to start, this is it. How can I train my lats without a pull up bar? If you dont have a pull up bar, you do cable pulldowns. Be that as it may, you will
still need some anchor point for your bands. There are door anchors for this. All that said, we highly recommend getting a pull up bar or finding one at a park nearby and doing pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups on. You can
get pull up bars on Amazon for as little as $30. We also have a great list of the 7 Best Outdoor Pull Up Bars for you to check out. Do push ups work latissimus dorsi? Like bench press, push ups are not going to be enough for the best
possible lat development, so we highly recommend adding the above lat specific exercises into your home workouts. Aredeadlifts are a must and they will do a great job of strengthening your lats as well, especially if you do wide grip variations of the deadlift. We didn't include the deadlift simply because it is more of a
total body exercise rather than a lat exercise. Nevertheless, include it in your routine. With the lat exercises above, you will see serious improvements in your deadlifts over time as the lats play an important role in deadlifting. What causes tight latissimus dorsi? Your lats can become tight from overuse or if they become overactive. They can also be
tight from certain injuries or simply a lack of stretching and using a full range of motion. Remember, the concentric phase (stretching of the muscle) is just as important. By using a full range both on the concentric phase, you really shouldnt have an issue with your
lats becoming tight as you will be dynamically stretching them as you workout. That said, your lats can still become tight for one reason or another, and if they do, you should knowhow to stretch them. How do you stretch your latissimus dorsi? There are many different effective lat stretches. Some of my favorites include the hanging bar lat stretch, the
bench kneeling lat stretch, and the bent over lat stretch. Foam rolling is also important. Check out our article on the 10 Best Lat Stretches For Before & After Workouts for detailed information on how to perform each of these, along with many others. Exercises For Latissimus Dorsi: Final Takeaways Now that you are armed with everything you need
to know about developing your latissimus dorsi, its time to go out there and put your lats twice weekly for muscle recovery. It's also essential that you eat to build muscle, meaning you need to be in
a small calorie surplus of 300 to 500 calories. Follow my workout advice and use these exercises for the latissimus dorsi muscle, and massive wings are yours for the taking. Looking for an effective workout featuring many of these exercises? Check out our Best Lat Workouts For A Bigger, Stronger Back! Prepare to maximize your gains with our
exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days...The latissimus dorsi, often referred to as the lats, is the largest muscle in the upper body and plays a crucial role in various upper-body movements. Developing strong and well-defined lats contributes to a
balanced physique and enhances overall upper-body strength. Incorporating effective latissimus dorsi exercises into your workout routine can help achieve these fitness goals. In this introduction, we will explore some of the best exercises to target the latissimus dorsi. These exercises are designed to engage the lats from different angles, promoting
muscle growth, strength, and definition. Whether youre a beginner or an experienced fitness enthusiast, including a variety of lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your training regimen can contribute to a well-rounded and sculpted upper body. Typical lat exercises in your trainin
ways with dumbbells and resistance bands by performing the exercises below. Keep in mind that while these are big muscles, depending on the activity, you can usually use a heavier weight. Known by most as the lats, the latissimus dorsi is a large, flat, triangular muscle that spans the width of your middle and lower back. Naturally, you have two lats
one on each side of your lumbar region. The Latin roots of the word latissimus dorsi are broadest muscle. It is, in actuality, the biggest muscle in your upper body. The lats are what people mean when they say, build back width. If youre
advanced enough, youll have that amazing v-taper appearance. Anatomy The latissimus dorsi originates in the bottom half of the scapula, the thoracolumbar fascia, and the spine (from T7 to L5), and inserts into the humerus, or upper arm bone, beneath the bicep. Just moving your posterior, from under your shoulder to your lower back
will allow you to feel your lats. Right at the center-middle region of your back, your lower traps cover a very small portion of the lat. The muscle is connected to the anterior attachment of the trapezius muscle on the sharp processes. Latissimus dorsi attachment of the trapezius muscle on the sharp processes of the lower six thoracic vertebral spinous processes. Latissimus dorsi attachment of the trapezius muscle on the sharp processes of the lower six thoracic vertebral spinous processes.
and sacral spinous processes (T6 to S5 levels), and the thoracolumbar fascia. The muscle also attaches to the weak angle of the scapula, the lower three to four ribs where it links with the external indirect muscle and the posterior pelvic bone. The muscle fibers are arranged differently, with the lowest fibers on the thorax being much more vertically
orientated and the highest fibers almost horizontally focused. The muscle fibers spiral around the anterior portion of the humeruss intertubercular (bicipital) groove. Compared to the teres major attachment on the lateral lip of the sulcus, the latissimus
dorsi attachment on the intertubercular sulcus extends more superiorly. The latissimus dorsi is primarily responsible for the internal rotation of the shoulder joint as well as adduction, extension, and horizontal abduction. Together with the pectoralis major and teres major, it carries out these movements. Adduction and horizontal abduction are the internal rotation of the shoulder joint as well as adduction.
side towards your body (e.g., wide grip pull-ups) Stretching your arm straight down from a standing position Internal Rotation: Arm wrestling, or moving your arm towards your bodys centerIts an incredibly powerful muscle
that helps your arm move when your body is immobile and vice versa. Along with other spinal stabilization functions, the lats help to maintain your scapula against your thorax during upper arm motions. Note that most latissimus dorsi-powered exercises also simultaneously activate the teres major, posterior deltoids, long head of the triceps brachii,
and other stabilizer muscles of the shoulder and scapula. Furthermore, as the majority of complex lat exercises require elbow flexion, the forearms, and biceps on the same day). Therefore, it is impossible to totally isolate the lats. Upper, Middle, Lower Lats: Even though
the latissimus dorsi is a single muscle that performs all of the aforementioned activities, different movements change which part of the muscle is most advantageous and hence engages more. For this reason, when it comes to fitness, the lats are frequently divided into three sections: the upper, middle, and lower lats. When performing movements that
entail adduction of the shoulder, the upper lats have a biomechanical advantage. When the shoulder is abducted horizontally, the middle lats have a biomechanical benefit to the lower lats. Because of this, its crucial to incorporate a range of exercises based on each of these
motion types to ensure that your lats develop evenly and fully. All things considered, your lats are a large, powerful muscle that functions as a primary mover or stabilizer in almost every complex movement of your upper body. Every pulling exercise involves the lats to some extent often to a significant extent and even pushing exercises use them. Most
of the lower posterior thorax is made up of the broad, flat latissimus dorsi muscle for the respiratory system. Description the superficial layer of the extrinsic back muscles, together with the rhomboid, trapezius,
and levator scapulae muscles. Functionally, the latissimus dorsi muscle is a part of the shoulder motion muscles. This muscle can produce motions on the shoulder motion for the shoulder motion muscles. This muscle can produce motions on the shoulder motion muscles. This muscle is a part of the shoulder motion muscles. This muscle can produce motions on the shoulder motion muscles. This muscle can produce motions on the shoulder motion muscles. This muscle can produce motion muscles are not in the shoulder motion muscles. This muscle can produce motion muscles are not in the shoulder motion muscles. This muscle can produce motion muscles are not in the shoulder motion muscles. This muscle can produce motion muscles are not in the shoulder motion muscles. This muscle can produce motion muscles are not in the shoulder motion muscles. This muscle can produce motion muscles are not in the shoulder motion muscles are not in the shoulder motion muscles. The shoulder motion muscles are not in the shoulder motion muscles are 
deep surface from the posterior chord of the brachial plexus. The dorsal rami of L1 to L3, as well as the ventral and dorsal rami of roots T4 to T12, supply the skin covering the latissimus dorsi muscle. Action Together with the teres major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latissimus dorsi muscle. Action Together with the teres major and pectoralis major, the latis major and pectoralis major, the latis major and pectoralis major and pectorali
muscles will cooperate to adduct, rotate medially, and extend the arm. The sternal head of the pectoralis major, in addition to latissimus dorsi, are involved in the extension and adduction. When the upper
extremities are fixed overhead, as in climbing or executing a chin-up, the muscle is also active in propelling the trunk forward and upward. Additionally, studies have shown that the latissimus dorsi is engaged in vigorous respiratory processes such as coughing and sneezing as well as deep inspiration. Climbing muscles include the latisses dorsi. With
the aid of the pectoralis major, it is able to elevate the trunk upward when the arms are fastened above the head. It is a crucial muscle for swimming, rowing, and chopping, particularly on the downstroke. Because it joins to the ribs, the muscle is also involved in violent expiration. The muscle compresses the thorax and abdomen during coughing or
sneezing, causing a forceful inward press. When using the trunk forward in relation to the arms during activities like crutch walking when the humerus becomes the fixed
point when standing. The pelvis is also raised as a result of this motion. Due to the latissimus dorsis attachment to the pelvis and its continued innervation, individuals who have lower limb paralysis are nonetheless able to move their trunk and pelvis. This means that those who use crutches and calipers can create a modified gait by hitting the hips with
alternate contractions of each latissimus dorsi and fixing the arms. Owing to its extensive attachment to the spinous processes, this muscles potential function, or spine extension is now the subject of conflicting research. Patients who
experience limitations in their ability to abduct, flex, or rotate laterally may have latissimus dorsi. When evaluating a patient with upper extremities to move smoothly and fluidly. The backs latissimus dorsi are a
crucial component. There are several great advantages to lat exercise done well. These benefits extend beyond bodybuilders, who should be aware of the advantages of strengthening their back muscles, including benefits for daily movement and life in general. A beginners chair-assisted chin-up is an example of a strength workout. Due to its
attachments to the spine and pelvis, the latissimus dorsi should be measured for length and flexibility in individuals with low back discomfort. This muscle can change in posture and/or movement patterns that decrease low back discomfort. The posterior border of the axilla is constructed by the lateral
side of the latissimus dorsi muscle. When the arm is resisted, it is perceived to contract. It is inserted anteriorly at the smaller tuberositys crest. Latissimus dorsi muscle. When the arm is resisted, it is perceived to contract. It is inserted anteriorly at the smaller tuberositys crest. Latissimus dorsi muscle. When the arm is resisted, it is perceived to contract. It is inserted anteriorly at the smaller tuberositys crest. Latissimus dorsi muscle. When the arm is resisted, it is perceived to contract. It is inserted anteriorly at the smaller tuberosity crest. Latissimus dorsi muscle. When the arm is resisted, it is perceived to contract. It is inserted anteriorly at the smaller tuberosity crest. Latissimus dorsi muscle. When the arm is resisted, it is perceived to contract. It is inserted anterior to the thorax by requesting a patient to elevate his or her arm to 90% flexion and keep it firm against an upwardly directed push. By holding the posterior are also as a single posterior and the smaller tuberosity at t
axillary fold between the finger and thumb and requesting the patient to cough, physicians can feel a muscular contraction. The latissimus dorsi muscle is tested while the subject is prone, with the elbow extended and the arm fully extended. The forearm experiences resistance during abduction and mild flexion. The back will stretch and rotate when
the upper extremity is flexed into an overhead posture, such as when reaching for something on a high shelf, if the latissimus dorsi is short or tight. The accomplishment of the upper extremitys overhead position is made possible by the spines accommodation of extension and rotation. Create your own lat exercise regimen by following the advice
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below:BeginnersDo 1-2 sets of 1-2 exercises, 1216 repetitions per set.One-arm dumbbell rows and seated rows with a resistance band would be wise choices. These workouts will push your body in a new way since they target the muscles slightly differently. Intermediate or Advanced Select two to four distinct workouts. Take a dumbbell row, barbell
row, and straight arm pull, for instance. To work your muscles in a different way, try experimenting with different routines and equipment. Aim for 23 sets of 812 repetitions, with a break in between. Combine lower back and upper back movements to create a comprehensive back workout. Make sure you are using enough weight or resistance to finish
the appropriate number of repetitions. Safety and Precautions. Safety and Precautions. Safety and Precautions. Safety and Precautions. Safety and Precautions what would be expected from using your targeted muscles in a demanding manner. Don't practice these exercises until youve had advice from a personal trainer if youre not sure how to maintain proper form. Myths The
idea that there are exercises that specifically target your upper, mid, or lower lats is untrue. Two huge muscles on either side of your middle to lower back are called the latissimus dorsi. Since they function as a single unit, your lats will be used in every exercise you do. Put another way, you cant work on only your upper, lower, or mid lats you need to
work on the entire muscle. Following are the best exercises for latissimus dorsiSince rowing on one leg increases the challenge of balance, you will generally utilize a lower weight. One Arm Row on One LegSteps To Follow: To begin, tip from the hips and move the weight to the right leg. Keep your body parallel to the floor while you raise your left leg
straight up. From head to heel, your body should form a straight line. If necessary, use a wall as support for your elbow up into a row and then gradually lower yourself from this posture. The lat pull machine at the gym is similar to the lat pull with bands. Lat Pulls With Bands Steps To Follow: You can use a door holder to hold your
band and fasten it in a doorway above you if you want to increase the difficulty of this workout. If not, bring the elbows down towards the rib cage by holding the band overhead and squeezing the back. Hold the band with your hands closer together to make it more difficult. For a more focused exercise, you can alternatively perform this one arm at a
time.Do this 1216 times.Dumbbells let you work each side separately, but a barbell lets you lift more weight than you could with individual weights.Barbell from your torso is at a 45-degree angle.Lowering your torso too much might put a strain on your
back, particularly if you are overweight. Squeeze your back to draw the barbell in towards your belly button while maintaining your knees bent to protect your back. Do this 1216 times. This exercise can also be performed with the palms facing out, like a biceps curl. Pullovers are a fantastic workout since they simultaneously target the lats, chest, and
triceps muscles. You work your core and lower body when performing these exercises on a ball. Dumbbell pullovers to Follow: Start by holding a weight at first if your empty and bend your elbows slightly while lowering your weight to
your head or as low as it feels comfortable for you. Start by slowly pulling the weight back while squeezing your back. Repeat for 1216 repetitions. The renegade row improves muscular coordination and dynamic flexibility by using a significant amount of the lower body and core. Dumbbell Renegade RowSteps To Follow: Start by assuming a plank
posture on your hands and knees or toes. Grasp two dumbbells with your palms facing opposite directions. Try one at a time if your hands are bothered by this. For 1216 repetitions, alternately row each weight up and down while maintaining the plank posture. If this is too difficult, perform the same movement on your knees, placing your hands beneath
your shoulders and your knees directly under your hips. A list of back exercises wouldn't be complete if pull-ups were left off. Because youre raising your body weight so high off the ground, they are likely the hardest back workouts. There are techniques to adjust so that you can move and gradually develop the strength to lift your complete body if
pull-ups are new to you.Pull-upsSteps To Follow:Place a chair or a sturdy stool below the pull-up bar to begin.Spread your shoulders, place one foot or both, if necessary up on the chair, then utilize the leverage to raise yourself up.Lower, then do so eight times or more.You can experiment with using more of your upper body
and less of your lower body over time. Hint from the hips for this exercise, maintaining a flat back and contracted abs. Dumbbell RowsSteps To Follow: You lift the elbows up to the level of your torso by squeezing your back while the weights which need to be heavy hang down. Instead of yanking the weights up, try to control the movement with your
back muscles. Just above the level of the torso, the elbows should halt. Your lower back has to workhard to maintain your bodys alignment because youre hunched over and the weights are hanging down. Steps To Follow: Unlike double-arm rows, where you support your lower back with one hand on the other leg, one-arm rows allow you to often go even
heavier.Pull the elbow up to the level of your torso to perform this exercise, activating your lat.Squeeze the shoulder blades together at the top to engage additional muscles.After 1216 repetitions on each side, decrease the weight.The entire rowing exercise can be altered with resistance bands.Your muscle fibers fire somewhat differently because the
resistance band provides resistance to the exercise. Seated Rows With Resistance BandsSteps To Follow: This is an exercise that you may do standing or seated. Take hold of the handles in each hand around something substantial in front of you. Retrace your steps until the band is challengingly tense. Squeeze the back to row the
elbows in while maintaining a downward stance, ending at the level of the torso. Repeat 1216 times after letting go. Bent Over Row With BandsSteps To Follow: Grab the band closer to your feet and loop it under both feet for this maneuver. By doing this instead of gripping the handles, you can increase the tension in the band. Pull the elbows up into a
row, halting at the level of the torso, with the back flat and parallel to the floor, or as near as you can manage. Do this 1216 times. Pace changes work really well with this move as well. To increase your duration under stress, you could, for instance, begin with 8 rows and then, while maintaining the elbows at the top of the exercise, perform 8 slow,
little pulses. This challenging workout accomplishes two goals at once. The plank tones the lower back, lower body, and abs. By adding a row, you can strengthen your feet wide apart, begin in the plank position on your hands and toes. You can
modify this motion by performing it on your knees. Grasp a dumbbell or kettlebell and raise your elbows into a row. Lower and rejeat, holding the plank the entire time, for 1216 repetitions. After a short rest, swap sides. Combining weights and resistance bands is a terrific approach to increase the intensity of your lat practice. Dumbbell Rows With
BandsSteps To Follow:Start by looping the band beneath your feet and encircling a pair of dumbbells on each side of the band. Verify that you can handle each weight securely without falling. Row the weights up and down for 1216 repetitions, tipping from the hips and maintaining a flat back and contracted core. Alternating Dumbbell RowsSteps To
Follow:A variation on the standard dumbbell row is to perform them in a right-to-left sequence. This helps you focus on one arm at a time and activates a little more of your core. Tip from the hips and maintain a flat back to begin. Bring the right elbow up to the level of the torso by bending it slowly. Lower the left elbow into a row, then raise it again. For
1216 reps, alternate while taking your time with each rep.Not only does this workout work the back, but it also works the triceps. When you balance on a ball, your legs and lower back stabilize your body. Straight Arm Pulls Steps To Follow: To accomplish this, place the ball beneath your torso and secure a band around a solid item in front of
you. Ascertain that there is sufficient distance between you and the anchor for the band to be taut. Starting with the arms extended straight in front of you, squeeze the back by pulling them down and back behind you while maintaining their straight posture. Do this 1216 times. This exercise gains a significant increase in intensity when performed using
a barbell. Barbell Pullovers Steps To Follow: In contrast to dumbbell pullovers, you should maintain a bent elbow throughout to prevent dropping the weight. Beginning on a bench, place the arms back behind the head while maintaining a bent elbow throughout to prevent dropping the weight.
position. Repeat for 1216 repetitions, using your back to draw the barbell back to the starting position. Compound RowSteps To Follow: This dynamic exercise targets the hamstrings, glutes, and lower back in addition to the lats. Step back until you can feel the tension in the band after putting it around a firm item in front of you. With the arms straight to the lats. Step back until you can feel the tension in the band after putting it around a firm item in front of you. With the arms straight to the lats. Step back until you can feel the tension in the band after putting it around a firm item in front of you. With the arms straight to the lats. Step back until you can feel the tension in the band after putting it around a firm item in front of you. With the arms straight to the lats. Step back until you can feel the tension in the band after putting it around a firm item in front of you. With the arms straight to the lats. Step back until you can feel the tension in the band after putting it around a firm item in front of you. With the arms straight to the lats. Step back until you can feel the tension in the band after putting it around a firm item in front of you. With the arms straight to the lats.
tip from the hips, knees slightly bent, and abs in. As you stand up, lift your elbows to your torso level in a rowing action. Repeat 1216 times after letting go. The toughest pull-up version is the wide-grip overhand pull-up. Additionally, it works wonders for the lats. In essence, your lats receive less assistance from other muscles, such as your biceps and
forearms, the wider your grip. Its as solitary as it gets when it comes to lat exercises. The movements principal motion is shoulder adduction, which means that the top part of the lats will be most stimulated. Wide-Grip Pull-UpSteps To Follow: Avoid spreading your arms too far; starting from the hanging posture, they should form a Y. You will still
receive excellent lat activation if you move your hands in closer if this is too difficult. Make sure your core remains active. Glutes as well! Draw your torso to raise yourself up. When your chest is as close to the bar as it can get and
your chin is above it, stop. At the summit, avoid letting your shoulders curve forward and losing form. You should always have your head facing forward. For optimal results for lat development, use your entire range of motion on each rep (go all the way down and all the way up!). Weighted Pull UpsSteps To Follow: Its time to add weight when you can
perform wide grip pull-ups for 1012 repetitions in 34 sets. After using a dip belt and connecting a plate (lighting up), complete as many pull-ups as you can (six or more). After completing 1012 repetitions, raise the weight a little and try again. Should you wish to maintain your development, you must perform weighted pull-ups. Its considerably superior
to performing innumerable bodyweight repetitions. The close grip chin-up is more of an all-around back workout than the wide grip pull-up since it uses a lot of other back muscles in addition to your arms to provide force. Nevertheless, because the close grip chin-up is unique, we adore it. Close grip chin-ups need more shoulder extension, which
means your lower and mid lats will be worked harder during the exercise. Close Grip Chin UpSteps To Follow: Hold out your shoulders are always tucked in and away from your ears. If your shoulders are always tucked in and away from your ears. If your shoulders are always tucked in and away from your ears. If your shoulders are always tucked in and away from your ears. If your shoulders are always tucked in and away from your ears. If your shoulders are always tucked in and away from your ears. If your shoulders are always tucked in and away from your ears. If your shoulders are always tucked in and away from your ears. If you have yo
you are able, hold the highest posture for a brief period of time before lowering yourself to a full hang. As you lift yourself up, really feel your last contract. Weight until you can perform 1012 clean, full reps. Before adding extra weight, try to utilize a weight that allows you to
complete 56 repetitions. Then, work your way up to 1012 repetitions. When weight is added, the same form guidelines apply no cheat reps! There are two techniques to perform pull-ups for novices who are unable to perform enough for a sufficient volume. You can use bands or a pull-up help machine. Assisted Pull Ups & Chin UpsSteps To
Follow:Alternatively, you can go to a full-fledged pull-up by using the dead hang to strengthen your equire for 612 repetitions until you reach failure using a pull-up assist machine. Then, gradually reduce the level of support as you advance. You will eventually be able to perform chin-ups and bodyweight pull-up by using the dead hang to strengthen your equire for 612 repetitions until you reach failure using a pull-up assist machine. Then, gradually reduce the level of support as you advance. You will eventually be able to perform chin-ups and bodyweight pull-up assist machine. Then, gradually reduce the level of support as you advance. You will eventually be able to perform chin-ups and bodyweight pull-up assist machine. Then, gradually reduce the level of support as you advance. You will eventually be able to perform chin-ups and bodyweight pull-up assist machine. Then, gradually reduce the level of support as you advance. You will eventually be able to perform chin-ups and bodyweight pull-up assist machine. Then, gradually reduce the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as you advance. You will even the level of support as yo
ups.Once you can perform at least five clean repetitions on your own, we advise moving on to pull-ups and chin-ups. The function of pull-up assist bands is the same. As you advance, you can switch to a lighter band or remove the heavier one that you were using. You can also start with many lighter bands. You will receive as much support as the bands
complete resistance. That means that a band that supports about 80 pounds will effectively remove 80 pounds of aid from a bright yellow band and 50 pounds of resistance from a black band; that equals 85 pounds of overall
assistance). The cable machines equivalent of the wide grip pull-up is the wide grip pull-ups, there are a few other
reasons why the cable pulldown is fantastic. Initially, the pulldown lets you turn up the volume (keep in mind that a high volume is necessary for your lats arent quite used up in this plane of motion, even though youre at your limit when it comes to pull-ups. Secondly, the lat pulldown facilitates the
process of fine-tuning your lats (mind-muscle connection) so that you can regulate the weight, pulldowns are a fantastic choice for novices who struggle with pull-ups. Wide Grip Cable Lat Pulldown Steps To Follow: Remember to keep your torso as erect as possible
much like in a pull-up. From the beginning position, your arms should form a Y.If necessary, move the seat down so that your arms are extended from the beginning position. At the bottom, you should be able to feel your lats stretching. Pull down on the bar while pulling your shoulder blades down and together to begin the exercise. Next, push your
elbows down to your sides. Throughout the workout, maintain a straight head and a strong core. During the eccentric period, move gently (the upward motion). The tight grip lat pull down with v-handle requires a high degree of shoulder extension since it places your hands in a neutral grip and lets you maintain your elbows tucked. That will give your
lower lats an even bigger advantage. Additionally, when you pull down in this form, you should be bending back. This makes it possible for you to employ more weight and increases the activation of your middle delts, resulting in a more comprehensive lat exercise. Together with your torsos leaning motion, the close grip lat pulldown will enable you to
employ a larger load because it engages more muscles. Additionally, this exercise will provide you with a significantly wider range of motion than the standard lat pulldown. Thus, rather than just developing STRONGER, more mobile lats. Close Grip V-Handle Lat PulldownSteps To Follow: Make use of
a V-bar handle. Start with your torso upright and your arms fully extended. Keep your head up and brace your core. Pulldown first and primarily with your lats. Pay attention to your lats only. Reverse the pulldown first and primarily with your lats. Pay attention to your lats only. Reverse the pulldown first and primarily with your lats. Pay attention to your lats only. Reverse the pulldown first and primarily with your lats. Pay attention to your lats only. Reverse the pulldown first and primarily with your lats. Pay attention to your lats. Pay attention 
put as much strain as possible on your lats, move very slowly during the eccentric period. Using a close underhand Grip PulldownPlate Loaded PulldownPlate Pulldown
pulldown on different days. Some, such as the one in the picture, can accommodate various angles, allowing you to target different lat muscle groups. This one is like a cross between a row and a pulldown machine or just want
to switch things up. Your grip position is where this variation differs the most. Your hands will be in a neutral position, and your teres major and upper lats (shoulder adduction). Not to mention your trapezius lower body. The lats workout is also great for stretching and
squeezing your muscles. With this one, tension can be maximized. Cable Crossover Lat PulldownSteps To Follow: When in the tall-kneeling posture, adjust the cable crossover machine so that your arms are fully extended and your lats are stretched. Make use of stirrup handles. With this one, tension can be maximized. Cable Crossover Lat PulldownSteps To Follow: When in the tall-kneeling posture, adjust the cable crossover machine so that your arms are fully extended and your lats are stretched. Make use of stirrup handles. With this one, tension can be maximized. Cable Crossover Lat PulldownSteps To Follow: When in the tall-kneeling posture, adjust the cable crossover machine so that your arms are fully extended and your lats are stretched.
position. Brace your core to maintain the position while you bring your elbows down and in towards your body, using your lats to propel the movement. To increase the contraction tension, squeeze as hard as you can at the bottom. Once your arms are fully extended and your lats are stretched, proceed carefully throughout the eccentric phase. You can
increase the stretching tension by doing this. The single-arm lat pulldown with a cable crossover machine is the last lat pulldown on our list. For this one, you are lining up your body so that the shoulder of your working side is parallel to the pulley. Your lower lats will be worked more as a result of the movement becoming centered on shoulder
extension. You can work on just one side at a time during this exercise, which is beneficial for correcting muscular imbalances and asymmetries. With this one, you can also maximize the range of motion. Single Arm Cable Crossover Lat PulldownSteps To Follow: Put your body in a half-kneeling position so that the shoulder of your working side is
parallel to the pulley handle. The handle should be raised high enough so that your arm is fully extended and your lats are stretched when you grasp it in the starting position. Maintain a neutral grip. Draw your elbow straight down while maintaining a straight arm. Your elbow should be tucked to your side at the end of the range. With your arm
completely extended, carefully return your lat to its starting position after squeezing it at the bottom. Horizontal pulls. For instance, single-arm dumbbell rows (also known as Kroc rows), t-bar rows, bent-over rows, and sitting cable
rows. Rows can be performed with a wide variety of apparatuses and row types. You can target different muscles in your back depending on the type of row and how you position your grip. Naturally, the rows that most effectively target your latissimus dorsi will be our main focus. The queen of rows is the bent-over barbell row. Its the row that gives you
the highest lifting capacity and is unquestionably the finest way to gain massive muscular mass and develop strong back and pulling muscles. The underhand and underhand bent over rows target your lats, however, the overhand row focuses more on
your upper back (traps and rhomboids), while the underhand row is more focused on your lats (middle and lower). As a result, the underhand bent-over row, also known as the reverse grip bent-over row, is displayed. Underhand bent-over row, also known as the reverse grip bent-over row, is displayed. Underhand bent-over row, also known as the reverse grip bent-over row as the 
forming a high hip hinge. Then, lean your torso forward. There shouldnt be an arch in the back of your arms are fully outside of your hips, about shoulder-width apart. Maintaining your bent-over stance, row back your arms straight until the bar reaches your abs and your arms are fully
contracted. Return the bar to its lowest position gradually until your elbows are fully extended. Yates RowIt is renowned for having an extremely strong back. This is a bent-over-row variation with an underhand grip. In essence, the same thing happens, except your torso is positioned more upright roughly 30 lower than in the upright posture. The bar to its lowest position gradually until your elbows are fully extended. Yates RowIt is renowned for having an extremely strong back. This is a bent-over-row variation with an underhand grip. In essence, the same thing happens, except your torso is positioned more upright roughly an extremely strong back. This is a bent-over-row variation with an underhand grip. In essence, the same thing happens, except your torso is positioned more upright roughly an extremely strong back. This is a bent-over-row variation with an underhand grip. In essence, the same thing happens, except your torso is positioned more upright roughly an extremely strong back. This is a bent-over-row variation with an underhand grip. In essence, the same thing happens are t
will still be drawn in the direction of your abs. The Yates row has the advantage of hitting your upper back nicely and allowing you to raise heavier weights. Gaining more weight is always beneficial for increasing androgenic hormones and general power and muscle growth. Larger deadlifts will result straight from this exercise. Smith Machine
Underhand Bent Over RowFor those who prefer to concentrate on proper technique and lat isolation during bent-over rows, the Smith machine is a suitable choice. Dumbbell Underhand Bent Over RowDumbbells, both sides will be working equally. You may
correct muscular imbalances using this. Additionally, you can maximize the squeeze at the top of the row by having a wider range of motion during the concentric phase of the dumbbell bent over RowEZ Bar Ben
bending over rows is that it is a little easier on your wrists. The lats are one of the key movers in this excellent power and strength workout for the back muscles. The Pendlay row employs a broader grip than the standard overhand bent-over row, which results in more flared arms and a focus on horizontal abduction, or the middle lats, as the primary
movement. Furthermore, you lower the barbell to the floor for each repetition and lift it rapidly and explosively off the floor each time, rowing it up to your lower or middle abs. All in all, it works every muscle in your back because it is a pure backbuilder. Although it does wonders for your entire lats, the
middle lats the largest part of your latissimus dorsi are the focus of this exercise. Pendlay RowSteps To Follow: Bend over and position your body so that it is parallel to the floor. Using an overhand grip and hands broader than shoulder width, grab the bar. When the barbell is on the floor, explosively row it up to your lower chest and upper abs while
maintaining proper technique. Return the barbell to the floor as gently as possible, making a dead halt there. The v-handle T-bar row is an amazing exercise to develop a wider, thicker back. It differs from the bent-over barbell row in that it involves different body alignment, grip, and weight placement. You can use a heavier load, you will have a wider
range of motion, and the t-bar row hits your lats in a little different way overall. It works incredibly well to activate your feet about 8 to 12 inches behind the plates. To get your foot
placement down, you can practice first with minimal weight or with the bar empty. When you begin, your arms should be fully extended. Pull the weight in the direction of your upper abdomen by contraction in your lats. The Kroc
row, also known as the single arm row, works wonders for your grip strength and entire back, but it also performs a terrific job of engaging your lats over a wide range of motion. It also allows you to apply maximum weight on one side at a time. Using dumbbells is an excellent lat exercise to strengthen your wings. Not only is it a fantastic workout for
your latissimus dorsi, but its also a great upper-body exercise in general. It will put a lot of strain on your left hand (neutral grip) and your left leg aligned with your hips (including the knee of the supported leg), place your
right hand and right knee on the bench. Shoulders and hips should be in little elevation. Thus, for the Kroc row, at a 15 inclination from parallel. Pull your elbows are fully contracted while your elbows are fully contracted while your left arm is extended. With Kroc rows, momentum is a useful tool. (which allows for heavier weight) At the top, squeeze as hard as
you can, and then gradually drop your arm to its maximum extent. To prevent slouching, always maintain your hips and core engaged. For the duration of the workout, your torso and hips must be squared forward. Either a row machine (which uses plates, or a cable pulley system) or a cable crossover machine can be used for sitting underhand rows.
 Regardingtargeting the lats, the seated underhand row is similar to the barbell bent-overrow; however, it eliminates the need for your lower back and lower body. As a result, its more of a lat isolation row exercise or as isolated as possible. Although you can performoverhand and underhand rows to strengthen your lats, we still advise using both grip
variations because the underhand grip will provide superior lat activation. Seated Underhand Rows Steps To Follow: Assume a posture in which your upper body is completely extended when grasping the handle (with your underhand grip). As much as you can, bring your
elbows back; your arms should be fully extended in the final range. When you row, avoid bending your torso backward. There is only shoulder and arm movement. After tensing up your lats to the maximum extent possible, slowly extend your arms again. This machine demonstrates how to perform seated chest-supported rows. For optimal latissimus
dorsi muscle activation, we advise raising the seat so that you are rowing to your lower ab level. Though its simpler than a pull-up, the inverted row is really a pull-up of rows. Its also an excellent bodyweight exercises, either. Bodybuilders also
perform inverted rows. Working out on inverted rows can be a terrific technique to fatigue your lats and back completely at the end of a workout. Although it seems simple, it can be really difficult to execute well. Make use of your entire range of movements. Moreover, elevating your feet off the ground and onto a bench will make the exercise harder
For novices, this is an excellent workout to increase your rowing strength, which will also help you become more proficient in pull-ups and chin-ups. As you have undoubtedly quessed by now, we went with the underhand grip since it specifically targets the lats. One advantage of utilizing a Smith machine is that you can adjust the height of the bar
your feet up on a platform. Pull your elbows down to raise your torso towards the bar while keeping your arms completely extended. Shoulder Extension
 (pushdowns & Pullovers) Although some rows and pulldowns require more shoulder extension than others, they are not solely dependent on it, unlike lat pushdowns and pullovers. For the last to fully grow, lat pushdowns and pullovers are therefore necessary. Recall that one of the primary functions of the lats is shoulder extension. However, on a back
day, lat pushdowns and pullovers are more of an auxiliary workout. Towards the end of your workout, or just to get the blood flowing to your lats, they should be performed with modest weights. To date, there has only been one lat workout without any elbow movement, and that is the lat pushdown, commonly known as a pullover. Throughout the
entire workout, your arms will stay straight (a tiny bend in the elbow is acceptable). This is only an extension of the shoulder. It works very well for the bottom middle portion of your lats and is basically an isolation workout for the lats. Lat Pushdown Steps To Follow: Assemble a straight bar attachment for a cable pulley machine. Spread your hands
somewhat wider than the breadth of your shoulders. Move a few steps away from the machine so that when you begin with your arms raised, your back firmly, and then slowly raise your arms back to the
beginning position. Starting with your knees slightly bent, your hips slightly back, and your body slightly forward is another approach to performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest proudly and squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest performing the cable pushdown is not a squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest performing the cable pushdown is not a squeeze the hell out of your lats while performing the cable pushdown. Next, lift your chest performing the cable pushdown is not a squeeze the hell out of your lats while performing the cable pushdown is not a squeeze the hell out of your lats while performing the cable pushdown is not a squeeze the hell out of your lats while performing the your lates while performing the your lates while performing the your lates while your late
an additional lat pushdown variation. You should give this one a try to see whether it works well at helping you concentrate on your lats. Essentially, you can be certain that your torso is immobile when using the backrest. This one requires you to face away from the machine with an inclined bench. As seen in the picture, sit on it, then grasp the straight
handle behind you at shoulder width and press down while keeping your arms fixed. The ability to overload with additionally, it is solely an extension of the shoulder. The ability to overload with additional weight shifts above
your head and your chest assumes control, your lats become less active. Thus, the pullover is a workout for the lat and upper chest, as opposed to the pushdown, which is a lat isolation exercise. The most common piece of equipment is the dumbbell pullover, however, weve found that the barbells grip and hand placement provide superior lat
activation. To find out which one suits you best, you can test both. This is a two-way exercise. In the first, your entire back is resting on the bench, and in the second, only your upper back is resting on the bench, and in the second, only your upper back is resting on the bench. See the latter in the dumbbell form below. Lat PulloverSteps To Follow: Start by grabbing an EZ bar or barbell with an overhand grip that is
shoulder width apart. Then immediately lower the bar again. Your elbows should only be straight up above your chest while
maintaining your arms fixed. Pull from the bottom up, using your lats to drive the movement. As you carefully lower your arms back behind you, take note of the tension that stretches. Once more, maintain a fixed arm position at all times. All thats happening here is shoulder flexion and extension. No bending of the elbow. Dumbell pullover by arranging
your body in this way, the dumbbell pullover helps you focus more on your lats than your chest. So instead of lying flat on your back like the barbell pullover above, we advise placing yourself off the edge of the bench. Best Latissimus Dorsi Exercises At Home (Bodyweight Lat Exercises) For the purpose of strengthening and developing your latissimus Dorsi Exercises.
dorsi muscle, the exercises listed below are the ideal choice, regardless of whether you want to train with body weight at home or have access to equipment. Steps To Follow: Inverted rows can be performed without a Smith machine, though it is
undoubtedly the ideal option because it makes it simple to adjust the bars height. Inverted rows can be done in a variety of settings, such as under a table or in the chair arrangement shown in the above photo. Choose a suitable setup and complete it. Youre about to perform the best bodyweight row youve ever done. Steps To Follow: Grab a towel, tie it
to an object roughly chest height, and start rowing. Its similar to an inverted row except that your estanding instead of sitting down. Its easier, but your lats can benefit if you utilize high repetitions and volume, squeeze them really hard, and focus on their whole range of motion. You may also use one-arm towel rows to make it more tough. Alternatively
use simply your hands instead of a towel to lessen the difficulties. It is more difficult because the towel increases stability, range of motion, and grip demand. Resistance band lat workouts are the subject of
another post, so we wont go into detail here. There are a few things to take into account if you want to develop your lats as quickly as humanly possible: Type of Exercise & Variety Volume Intensity Progression Diet Lets discuss each of these ideas. For the lats, there are three primary categories of exercises: Vertical Pulls (i.e. pull-ups
pulldowns)Horizontal Pulls (i.e. rows)Shoulder Extension Exercises (i.e. pushdowns)All three of these motions are necessary for developing well-developed lats since they all engage the lat muscle in different ways. Furthermore, you should pay attention to how your arm moves, or more specifically, how your shoulder joint moves, as this will dictate
which part of your lat is being worked the most. The finest exercises for the lats are shoulder adduction (wide grip pull-ups), horizontal abduction (rows), and shoulder extension (pushdowns), which works the middle and lower lats. Your back muscles are worked differently depending on how you hold and how your body is angled. This is because your
shoulder joint can move in different ways. In addition to deciding whether or not the lat is the main emphasis, grip placement is crucial in identifying which muscle group is most advantageous. For instance, overhand barbell rows, which require more horizontal abduction with your arms stretched out, will target your middle lats more than reverse
grip, which keeps your elbows tucked in and concentrates more on shoulder extension. Therefore, by simply switching up your grip, you may more easily target your middle or lower lat with the same bent-over row. Likewise, with regard to vertical pulls. Pulldowns and pull-ups performed with a wide grip will include greater shoulder adduction, while
those performed with a snug grasp will involve shoulder extension and tucked elbows. Variety is crucial because of this. You may develop your lats to their greatest potential by switching up your grip, executing pulls that are both vertical and horizontal, and engaging in movements that are dependent on shoulder extension. It should be mentioned that
your entire latissimus dorsi will be worked throughout any lat workout. Your middle, lower, or higher lats cannot be isolated. Once more, only specific places will essentially be activated. Additionally, some exercises are more effective at engaging the entire lat. Equipment also contributes to variety. You may want to switch things up to stress your
 muscles in different ways (e.g., work each side separately and correct muscle imbalances with dumbbells instead of a barbell, or perform seated rows instead of bent-over rows to slightly reduce the strain on your legs and lower back). On the other hand, you could not have access to specific tools. Having stated that certain equipment is more effective
than others at building lats. The consensus seems to be that the barbell is optimal for rows, and dumbbells are a close second. Pull-ups, or weighted pull-ups if youre strong enough, are the best for vertical motions. They have the greatest load potential and are the hardest, which is why. Still, as we shall explain when we show all the many versions
other equipment, such as cable machines, most definitely has its place. We use both total volume and rep ranges when we talk about volume. For maximum lat hypertrophy, ten to fifteen repetitions is the ideal range. With certain exercises, you can even reach greater heights. Lower repetition counts are also beneficial if you want to concentrate more
on strength, which you should. The optimal rep range for strength will fall, give or take, between 6 and 10 reps. Its critical that you train for both hypertrophy and strength and endurance in the hypertrophy and strength. So, change things up. In addition, you will improve strength and endurance in the hypertrophy and strength. So, change things up. In addition, you will improve strength and endurance in the hypertrophy and strength.
muscle when it comes to overall volume (weekly sets + reps). Consider how frequently you hear someone complain of having a torn lat. Most likely, you havent heard of that. The idea is, compared to many other muscles, your lats can withstand higher volumes. Therefore, you can increase the number of training sessions to 15-20+ for the lats if the
recommended volume for each muscle group is 10-15 sets per week. Without mentioning intensity, we mean weight load volume has no meaning. Before we do so, its crucial to realize that the latissimus dorsi responds best to moderate loads for moderate to higher reps since it has an even distribution of fast and slow twitch muscle
fibers. It will, however, perform admirably for moderately heavy weights and moderate repetitions. Thus, once more, you ought to be training using the comprehensive rep plan (6-10 and 10+) that we previously discussed. We are unable to predict the ideal weight load for you, but one simple method to determine whether it is suitable is to measure the
difficulty within that rep range. Basically, you want the weight load to push you to the limit of your ability within the rep range if you are exercising for hypertrophy and you can perform well beyond 15 repetitions. The strength rep range is no different. It really is that
easy. Clearly, you are unable to maintain the same level of intensity every week. You must gradually increase the difficulty of your workouts if you want to gain strength and muscle. By doing this, you can make sure that your muscles are consistently overworked, forcing them to adapt and become stronger. For novices, increasing weight is the simplest
way to develop; however, as you gain more experience, youll need to experience, youll need to experience amount of food is necessary for both muscle growth and adequate strength during exercise. You have to eat a lot if you want to bulk up
your lats. To get started, take a look at our 7-Day Muscle Gain Meal Plan! If you dont have a strong mental-muscle connection with your lats, none of the previous information regarding strengthening your latissimus dorsi will matter. To get the highest level of lat activation throughout the workouts, you must have a strong mind-muscle link. Since the
lats are not located on the front of the body like the chest, it is much tougher to work them out. Work on this, and the best way to do so is to start off really focusing on contraction with lightweight and work your way up from there. It truly depends on what kind of training you are doing. When comparing a body component split to an upper-lower split or
full body split, the results will differ. The ultimate objective is to complete more than 15 sets each week. This covers pushdowns/pullovers as well as pulls that are horizontal and vertical. Since many people perform pull- or back-days, here is an example of a well-rounded back exercise program with lots of lat volume. Exercise Sets Reps Weighted Pull
Ups36-12Bent Over Barbell Rows36-12T-Bar Rows36-12T-Bar Rows38-15Lat Pulldowns310-15Rear Delt Flys315-20Its going to be a great workout for your complete back in addition to your lats. You can incorporate some back extensions at the end if you feel like you need a little extra erector work. Just distribute the volume properly throughout
the week if you perform an upper-body or full-body workout. You can increase weight load to achieve progressive overload with free weights and other equipment. The only method to do this with body weight load to achieve progressive overload with free weights and other equipment. The only method to do this with body weight load to achieve progressive overload with free weights and other equipment. The only method to do this with body weight load to achieve progressive overload with free weights and other equipment. The only method to do this with body weight load to achieve progressive overload with free weights and other equipment. The only method to do this with body weight load to achieve progressive overload with free weights and other equipment.
progression techniques. You can perform more difficult bodyweight exercises, boost the number of repetitions and volume, cut down on rest periods, and change the cadence of your movements. By experimenting with these factors, you can increase the difficulty of your exercises and force your muscles to adapt more by overloading them. Even while it
wont be as simple as using weights, you can still develop your lats. The lats are an interesting muscle because, although they are not very important in athletics and fitness. Its not like your quads or glutes, which get a lot of use during the day from frequent standing
and walking. Because of this, you run the risk of having undeveloped lats if you dont exercise. Even while you use your lats for activities like putting on shirts, opening car trunks, and swinging your arms while walking during the day, this is certainly insufficient. Thus, even if your lats might not be very important in your day-to-day activities unless you
have to swim or climb, having strong lats will significantly improve your performance if you want to start getting into shape or playing a sport. All other things will follow if your lats is to assist protect, and stabilize your spine, as
well as to give you shoulder and back strength. Thus, the more lats you have, the more resilient you will be to injuries at the spinal and shoulder levels as well as stronger at shoulder and back workouts (pulling and pressing). Furthermore, strengthening your lats through strength training also helps to increase their flexibility and mobility, which will
improve your range of motion and overall movement quality. This is because strength training is a type of dynamic stretching. Strong lats enable you to lift higher weights and with greater intensity when deadlifting, squatting, bench pressing, rowing, and pulling. This is crucial not only for the growth of your lats but also for the
development of all the other muscles we discussed, namely your deltoids, biceps, forearms, triceps, and pecs, which are basically the muscles in your back. A strong, durable upper body is linked to having well-developed lats. The lats are an essential muscle to have well-developed in terms of appearance. A well-developed set of lats, shoulders, and pecs
will give you a V-shaped silhouette that elongates your shoulders and narrows your waist. Therefore, you need to build those wings (an evocative phrase for lats) if you want to have an aesthetically outstanding body. It is not only aesthetically pleasing (to the extent that it is practically ingrained in our DNA), but it also clearly denotes authority and is
readily recognizable. Some of you may be thinking, Damn, my lats are more like flats, after hearing all of these amazing things about lats. Why do they have such little strength? There are several reasons why the latissimus dorsi may be weak and undeveloped. You dont work out correctly (poor form). Other muscles are overactive
during lat exercises. The first is simple to remedy; just begin exercising and be sure to perform a range of pulling exercises from both directions (shoulder extension exercises in addition to horizontal and vertical pulls). See our list of late workouts if you need more motivation. We are here because the other two require a little more understanding. If
your form is bad (for example, you pull workouts too much using your biceps and/or traps), you should pay attention to the form of each exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and work with a smaller weight until you understand how to engage your lats during the exercise and you will not a smaller weight until you understand how to engage your lats during the exercise and you will not a smaller weight until you understand how to engage your lats during the exercise and you will not exercise and
may need to try some new exercises that more effectively work the lats in addition to strengthening the mind-muscle link, which also starts with lighter-weight. Changing up your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and somewhat deactivate other muscles. You can focus a bit more on your grip could help you engage your lats more and your grip could help you engage your lats more and you engage your lats more and you engage your lats more and you engage you have a bit more and you have a b
muscles exercised by going from overhand to underhand rows. The good news is that by performing the workouts we discussed above, your lats can and will strengthen and expand. For maximum lat growth, a well-rounded program that incorporates a variety of compound and isolation exercises is recommended. Adjust your exercise regimen to your
tastes, level of fitness, and the availability of the equipment. To maximize effectiveness and reduce the chance of damage, pay attention to the appropriate form. As your strength increases, progressively increase the weights and intensity since progressive overload is the key to ongoing growth. Never begin a new workout program without first
speaking with a fitness expert or healthcare provider, particularly if you have any current health issues or injuries. Although many individuals have a bad recollection of performing pull-ups in school, they are among the best exercises for building lats. This classic exercise has several variations to meet different needs. Pull-ups work your upper body as
a whole. But they mostly use the climbing motion, which works your lats directly. It may surprise you to learn that performing routine tasks like picking up objects from the floor, reaching into cabinets, opening doors, and even embracing someone puts a lot of strain on our latissimus dorsi muscles. It is normally advised to train your lats two to three
times a week, with a minimum of one day off in between. You can test your muscles and encourage growth during these sessions by doing movements like lat pulldowns, pull-ups, rows, and deadlifts with different sets and reps. The latissimus dorsi works with the teres major and pectoralis major to perform motions of the upper limb. At the
glenohumeral joint, these muscles will cooperate to adduct, rotate medially, and extend the arm. Functionally, the latissimus dorsi muscle is a part of the scapular motion muscles. This muscle can produce motions on the shoulder joint (internal rotation, adduction, and extension of the arm) by pulling the inferior angle of the scapula in different
directions. These are two triangle-shaped muscles that run the length of the back, over the pelvis, and immediately below the shoulder blade on either side. References Cpt, P. W. (2022, November 21). 16 Best Latissimus Dorsi Exercises To Build Some Serious Wings. SET FOR
SET. Dorsi Muscle. (n.d.). Physiopedia. Sharma You might not think of the lats as a mirror muscle as they are on your back. However, if you have a nice set of wings, you can see the lats from all angles. After all, its the biggest and broadest muscle of your upper body. And while a wide set of lats is impressive looking, the muscle also plays a major role
in fitness and athletic performance. So, needless to say, for both aesthetics and performance reasons, its important that you give your lats the attention they deserve. And that's where we come in. In this article, we have compiled the 14 absolute best lat exercises for you (plus bodyweight lat exercises you can do at home). Moreover, we are going to
explain literally everything that you need to know about developing your lats to their fullest potential. Table of Contents: What Is The Latissimus Dorsi Muscles Exercises To Strengthen Latissimus Dorsi Without
EquipmentHow to Progressive Overload Exercises For Latissimus Dorsi At HomeBenefits of Performing Exercises For Your Latissimus DorsiWhy Your Latissimus DorsiWhy
lower back. You, of course, have two lats, one on each side of your spine. The word latissimus dorsi comes from Latin, with latissimus meaning broadest muscle of your back. In fact, its the largest muscle in your entire upper body. When people say build
back width, they are referring to the latis. If developed enough, youll have that awesome aesthetic v-taper. Anatomy of the latissimus dorsi arises from the scapula and inserts into the humerus (upper arm bone) underneath the bicep. You can
feel your lats by simply running your hand along your posterior side from under your shoulder all the way down to your lower traps) right in the center-middle part of the latissimus dorsi is adduction, horizontal abduction, and
extension, as well as internal rotation of the shoulder joint. It performs these actions in collaboration with the teres major and pectoralis major. Adduction: Lowering your arm straight down from a straight down from a
raised position (i.e. lat pushdowns or swimming)Internal Rotation: Bringing your arm towards the midline of your body (i.e. arm wrestling)Its a super strong muscle that facilitates movements of the arm when your torso is fixed and vice versa. The lats also assist in keeping your scapula against your thorax during upper arm movements, as well asother
stability roles for your spine. It should be noted that most movements powered by the latissimus dorsi also concurrently recruit the teres major, posterior deltoids, long head of the triceps brachii, and other shoulder and scapular stabilizer muscles. Moreover, most compound movements of the lats involve elbow flexion, which means the biceps and
forearms will be involved (which is why back and biceps are so often worked on the same day by bodybuilders). As such, there is no way to completely isolate the latissimus dorsi activates for all of the aforementioned functions, certain movements alter which
region of the muscle is at the greatest advantage (and thus activated the most). This is why the lats are at a biomechanical advantage during movement that involve shoulder adduction. The middle lats are at a biomechanical advantage during movement that involve shoulder adduction.
that involve horizontal abduction of the shoulder. The lower lats are at a biomechanical advantage during movements that involve shoulder extension. This is why a variety of exercises based on each of these types of actions is important for full and equal development of your lats as a whole. All in all, your lats are a very big and strong muscle that is
involved in pretty much every compound movement of your upper body, whether that be as a primary mover or stabilizer. The lats play a role in every pulling exercises (to some degree, often a high degree) and even pushing exercises. 14 BEST LATISSIMUS DORSI EXERCISES assortment of moves you can do to build your back and
lats. But, these exercises are the absolute best latissimus dorsi strengthening exercises. We will categorize the exercises by vertical pulls, horizontal pulls, and shoulder extension exercises, while making note of the emphasized region of your lat (upper, middle or lower) where necessary. As not everyone has access to the same equipment, for certain
exercises, we will provide alternative examples using different equipment. Note: We will also highlight the best lat exercises for home (without equipment). So, if you want to build your lats purely with bodyweight exercises for home (without equipment).
relation to your torso. The three main types of vertical pulls are categorized by pull ups, chin ups, and pulldowns, different grips and equipment can be used, which is why we have more than just 3 exercises. And as we
mentioned, grip makes a big difference, so this is not just redundancy. 1. Wide Grip Pull Up: The wide grip overhand pull up are the less help your lats get help from other muscles, including your biceps and forearms. Its about as isolated
sure to keep your core engaged. Glutes too! From a dead hang, draw you scapula down and together, which will raise your body. Stop when your shoulders
round forward. Your head should remain straight forward at all times. Use a full range of motion each rep for best results and lat development (go all the way down and all the w
then perform as many pull ups as you can (i.e. 6+). When you reach 10-12 reps, up the weight slightly and repeat. Weighted pull ups is a must if you want to keep progression rolling. Its far better than doing countless reps with just your bodyweight. Related: Pull Up Alternatives 2. Close Grip Chin Up: Unlike the wide grip pull up, the close grip chin up
is more of an all around back exercise, as many other back muscles, as well as your arms, are going to be able to help power the movement involves more shoulder extension, which means your lower lats (and mid lats) are going to be activated to a
 higher degree. Form Tips: Position your hands about 3-5 inches apart with an underhand grip. Hang with your arms fully extended. Make sure your shoulders are packed down and away from your ears (at all times) then pull yourself down to a
full hang. Really feel your lats squeezing as your pull yourself up. Weighted Chin UpsJust like pull ups, when you can to 10-12 clean, full reps, then you can to 5-6 reps then work your way up to 10-12 reps before increasing the weight more. The same form rules apply when weight is added,
no cheat reps!Related: Pull Ups vs Chin Ups - Muscles WorkedAssisted Pull Ups & Chin Ups For beginners who cant do pull ups (or not enough for adequate volume), there are two ways that you can use a pull up assist machine or bands. Alternatively, you can use the dead hang to build upper body strength before moving on to a
full-fledged pull up. With a pull up assist machine, test out the weight assistance you need for 6-12 reps to failure. Then, as you progress, slowly lower the amount of assistance when you can do a minimum of 5 clean reps on your
own.Pull up assistbands work in the same way. You can start with a heavier band or multiple lighter band or remove a band. The total resistance you will get. So if a band has around 80lbs off same way. You can start with a heavier band or remove a band. The total assistance you will get. So if a band has around 80lbs off same way. You can start with a heavier band or multiple lighter band or m
two bands at once, combine the total resistance of both (so if you are using a light yellow band that has 35lbs of assistance). Note: Use the same form as you would with bodyweight pull ups when doing assisted pull ups! Teach yourself how to move correctly right
from the start.Related: Pull Up Progression Plan To Master The Pull Up3. Wide Grip Cable Lat Pulldown: The wide grip lat pulldown is the cable machines version of the wide grip pull up. It works your arms in the same way (shoulder adduction), so the emphasis is on your lats, with your upper lats receiving the greatest demand. Now, you might be
wondering, why do pulldowns if you are doing pull ups already. Well, there are a few reasons why the cable pulldown is great in addition to pull ups. First, the pulldown allows you to increase the volume (remember, your lats are yet to be fully
exhausted through this plane of motion. Second, the lat pulldown makes honing in on your lats (mind-muscle connection) easier, so you can stretch and squeeze them as much as possible. Lastly, pulldowns are a good option for beginners who have trouble with pull ups, as you can control the weight. Form Tips: Like a pull up, you want to keep your torso
as upright as possible. Your arms should make a Y from the starting position. Your arms should be extended from the starting position, so lower the seat if needed. You want to feel a stretch in your elbows down to your side as you pulldown on
the bar.Keep your core right and head straight forward throughout the exercise. Move slowly on the eccentric phase (the upward motion). Related: Lat Pulldown Alternatives 4. Close Grip V-Handle Lat Pulldown the exercise. Move slowly on the eccentric phase (the upward motion). Related: Lat Pulldown Alternatives 4. Close Grip V-Handle Lat Pulldown the exercise.
movement involves a high degree of shoulder extension. With that, your lower lats are going to beat a greater advantage. Whats more, with this variation, you should be leaning back as you pull down. This allows you to use more weight, and also brings your middle delts into play to a higher degree, making it a moretotal lat movement. The close grip
lat pulldown incorporates more muscles, so it will allow you to use a heavier load, in addition to the leaning motion of your torso. Furthermore, comparing to the traditional lat pulldown, you will have a considerably greater range of motion with this exercise. With that, its a great exercise for building STRONGER more mobile lats, not just bigger
lats. Form Tips: Use a v-bar handle. Start with your arms fully extended and your torso upright. Brace your lead straight. Pulldown using your lats first and foremost. Keep your focus on your lats. As you pulldown, lean back slightly. Your body should make a 30-45 angle from the starting upright position. Move very slowly on the
eccentric phase to really maximize the effectiveness of this exercise and the stress on your lats. Close Underhand Grip Pulldown bar. Plate Loaded Pulldown 
cable pulldown on certain days. Some, like the one pictured, will allow for different angles too, enabling you to stress different regions of your lats. This one is kind of like a mix between a pulldown machine or you simply want to change things up, the cable
crossover machine lat pulldown is an awesome variation to hone in on your lats. The biggest difference with this variation is your grip position. Your arms are going to be very wide and your hands will be in a neutral position. This makes it really great for your upper lats (shoulder adduction) and teres major. Not to mention your lower
trapezius. Another cool thing about this exercise is how well you can squeeze and stretch your lats. You can really optimize tension with this one. Form Tips: Set up the cable crossover machine at an appropriate height so that your arms are fully extended and you have a stretch in your lats when in the tall-kneeling position. Use stirrup handles. From the
tall kneeling position with your arms fully extended in a neutral grip, brace your core and keep the tall-kneeling position fixed, then pull your elbows down and in toward your body using your lats to power the movement. Squeeze at the bottom the best you can to maximize contraction tension. Move slowly on the eccentric phase until your arms are
fully extended and you have a stretch in your lats. This will allow you to maximize stretching tension.6. Single Arm Cable Crossover Lat Pulldown on our list is the single arm lat pulldown on our list is the single arm lat pulldown on our list is the single arm lat pulldown using a cable crossover Lat Pulldown. The final lat pulldown on our list is the single arm lat pulldown using a cable crossover machine.
make the movement based on shoulder extension, and thus work your lower lats more. Another reason this exercise is good is that you can focus on just one side at a time, which can help you iron out muscle imbalances and asymmetries. Moreover, you canmaximize range of motion with this one. Note: Being that this is a half-kneeling position, not only
will your back be working, but your glutes will too for stability purposes. Half-kneeling is an often overlooked and under-appreciated body positioning. Form Tips: Position your body in a half-kneeling stance with your working sides shoulder in line with the pulley handle. The handle should be up high so that when you are holding the handle in the
starting position, your arm is fully extended and you have a stretch in your lats. Use a neutral grip. Pull your arm fully extended to your side. Squeeze your lat at the bottom and then slowly return it back to the starting position with your arm fully
extended.HORIZONTAL PULLSHorizontal pulls involve pulling a weight toward your body. In other terms, horizontal pulls are rows, seated cable rows, t-bar rows and equipment that can be used to perform rows. Depending on the type
of row and your grip position, you can target different muscles in your back. Obviously, we are going to focus on the rows that best hit your latissimus dorsi.7. Underhand Bent Over Barbell Row: The bent over barbell row is the king of rows. It is the row that allows you to lift the most weight and is definitely the best option for building serious back
andpulling strength, as well as packing on muscle. With bent over barbell rows, you have two main grip variations, underhand row is lat centric (middle and lower), whereas the overhand row is more for your upper back, targeting yourtraps and
rhomboids. As such, we have are displaying the underhand bent over row (aka reverse grip bent over row). Form tips: Put a slight bend in your knee and push your hips back (high hip hinge) then lean your torso forward so your body is just above parallel with the floor. Your spine should be straight (no arch in your back). Pick up the barbell using an
underhand grip, with your hands positioned about shoulder width apart (just outside of your hips). While maintaining the bent over position, row your arms straight back until your elbows are in full extension. Yates RowThe Yates row was created by Dorian
Yates, who is known for having a very impressive back. It is a variation of the underhand grip bent over row. Basically, it is the same thing, but you position your abs. The benefit of the Yates row is in hits your upper back well
too and you can lift more weight. More weight is always ideal for building overall strength and muscle as well as boosting androgenic hormones. This exercise will directly translate to bigger deadlifts. Smith Machine Underhand Bent Over RowThe smith machine is a good option if you want to focus on good form and isolation of the lats when doing
bent over rows. Dumbbell Underhand Bent Over RowYou can use dumbbells for bent over rows as well. With dumbbells for bent over rows, you can have a greater range of motion on the
concentric phase, maximizing the squeeze at the top of the row. Note: You can also use a neutral grip with dumbbells. EZ Bar Bent Over RowThe only real benefit of the EZ bar for bent over rows is it is a little easier on your wrists as you can position them in a more natural way (slightly neutral). 8. Pendlay Row: The Pendlay row was created by Glenn
Pendlay, an Olympic weightlifting coach. This is a great power and strength exercise for the back muscle, with one of the main movers being the lats. A big difference between the Pendlay row and the main action is horizontal abduction -
middle lats). In addition, you row the barbell up to your upper abs/lower chest, rather than your lower/middle abs, bringingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor for each rep, and movingthe barbell down to the floor floor for each rep, and movingthe barbell down to the floor fl
the emphasis is on the middle lats, which is the biggest area of your latissimus dorsi. Form Tips: Get into a bent over position with your body parallel to the floor, row it up to your upper abs/lower chest in an explosive manner, but
keep good form. Bring the barbell back as slowly as you can to the floor (dead stop on the floor). TBar Row: The T-bar row with a v-handle is an extraordinary exercise for building a thicker wider back. Your body positioning, grip, and the load positioning is what separates it from the bent over barbell row. With the t-bar row, you will have a greater
range of motion, you can use a heavy load, and overall it hits your lats a bit differently. Its very effective at activating the low central region of your lats. Form Tips: Stand over the bar with a wide stance. Get into a bent over position with your spine straight and chest up. Your feet should be positioned around 8-12 inches behind the plates. You can
practice with the bar unloaded or with light weight first to get your feet position down. Your arms should be fully extended in the starting positioning. Contract your glutes and core and pull the weight first to get your arms are fully extended. 10. Kroc
Row: The Kroc row (aka single arm row) is great for your entire back (as well as your grip strength), but in terms of the lats, it does a really good job of activating them through a wide range of motion. It also enables you to focus on one side at a time with maximum weight. This is a great lat exercise with dumbbells to build your wings. Besides being
an excellent exercise for your latissimus dorsi, its really a good overall upper body exercise. Its going to work your core significantly through stability, anti-rotation demands and your left hand (neutral grip) and your left leg in line with your hips
(and knee of the propped leg). Your shoulders should be slightly higher than your left arm fully extended, pull your elbows are fully flexed. You can use momentum with Kroc rows (which allows for heavier weight). Squeeze as best your can at the top, then
slowly lower your arm to full extension. Be sure to keep your core and hips engaged at all times to avoid leaning. Your hips and torso must be squared forward throughout the exercise. 11. Seated Underhand Rows: You can do seated underhand rows with either a cable crossover machine or a row machine (some use a cable pulley system, some use
plates). The seated underhand row is just like the barbell bent over row in terms of how the lats are targeted, but it allows you to take your lower body and lower back out of the equation. Thus, it is more of a lat isolation row exercise... or at least as isolated as its going to get. While you can do overhand and underhand rows for your lats, the underhand
grip is going to allow for better lat activation, but we still recommend doing both grip variations. Form Tips: Position your arms should be fully extended, so if you need to sit back more, do that. Pull your elbows back as far as you can (your arms should be
 fully flexed in the end range). Dont lean your torso backward as you row. The movement is purely at the shoulders and arms. Squeeze the heck out of your lats, then slowly return your arms to full extension. Here is an example of another machine for seated chest supported rows. We recommend lifting the seat so that you are rowing to your lower ab
level for best activation of the latissimus dorsi muscle. Related: Best Cable Back Exercises 12. Underhand Inverted row is essentially the pull up of rows, albeit its easier than a pull up. In addition, it is a bodyweight exercise, so its great for those who do calisthenics or bodyweight only exercises. But its not just for bodyweight
training. Even bodybuilders do inverted rows. At the end of a workout, repping out on inverted rows can be a great way to bring your feet off the floor
onto a bench. As for beginners, this is a great exercise to build up rowing strength, and it will also translate to improvements in your pull up and chin up game. As for grip, we chose the underhand grip as it better targets the lats, as youve probably gathered by now. The good thing about using a smith machine is that you can set the bar to different
heights, allowing you to make the movement easier or harder. The closer your feet out so your feet up on a platform if you want to increase the
difficulty. With your arms fully extended, retract your shoulder blades then pull your elbows down to lift your body toward the bar. Row your body toward the bar touches your upper abs/lower chest. Very slowly lower your body toward the bar. Row your body toward the bar touches your shoulder blades then pull your elbows down to lift your shoulder blades then pull your elbows down to lift your body back down until your arms are in full extension. Note: While this inverted row is demonstrated using a smith
machine, which is what most people will use in gyms, you can do a similar set up at home using a couple of chairs and a beam of some sort positioned on top of them (we will show you what we mean in the home lat exercise section soon to come). SHOULDER EXTENSION (PUSHDOWNS & PULLOVERS) While rows and pulldowns involve shoulder
extension, some more, some less, they are not purely based on shoulder extension like lat pushdowns and pullovers are essential for full development of the lats. Remember, shoulder extension is one of the main responsibilities of the lats. That said, lat pushdowns and pullovers are more of an accessory exercise on
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back day. They should be done near the end of your workout (or beginning with light weight just to get the blood flowing to your lats).13. Lat Pushdown, also called a pullover, is the first lat exercise up till now that has no elbow movement. Your arms will remain straight for the entire exercise (a slightly bend in your elbow is ok). This is the first lat exercise up till now that has no elbow movement. movement is purely shoulder extension. It is essentially a lat isolation exercise that is particularly good for the lower central region of your lats. Form Tips: Set up a cable pulley machine with a straight bar attachment. Bring your hands a little wider than shoulder width apart. Step a few feet away from the machine so that in the starting positioning with your arms up, you feel a stretch and tension in your back/lats. While keeping your torso firm and your hips back, and your stretch and tension in your back at the bottom hard then very slowly return your hips back, and your stretch and tension in your back at the bottom hard then very slowly return your hips back, and your stretch and tension in your back at the bottom hard then very slowly return your hips back, and your stretch and tension in your back at the bottom hard then very slowly return your hips back, and your stretch and tension in your back, and your stretch and tension in your back, and your stretch and tension in your back at the bottom hard then very slowly return your arms fixed, push they are stretch and tension in your back, and your stretch and tension in your back at the bottom hard then very slowly return your arms to the stretch and tension in your back at the bottom hard then your arms to the stretch and tension in your back, and your arms to the stretch and tension in your back, and your arms to the stretch and tension in your back at the bottom hard then your arms to the stretch and tension in your arms to the str torso leaning slightly forward. Then as you press down, you perform hip extension (bring your hips to neutral) while pressing your chest up proud and squeezing the heck out of your lats. Seated Incline Lat PushdownThis is another variation of the lat pushdown. This one is worth trying out to see if it does a good job of allowing you to really focus on your lats. Essentially, with the backrest, you can be sure you have no movement at your torso. To do this one, position an incline bench so that it is facing away from the machine. Sit on it, then grab the straight handle overhead behind you at about shoulder width and pushdown with your arms fixed as seen in the pic. 14. Lat Pullover: The lat pullover is similar in terms of movement pattern. It is also a purely shoulder extension movement. The big advantage of the pullover is that you can overload with more weight during the stretching phase of the lift. That said, your lats become less activated as the weight moves over your head and your chest takes over. So, unlike the pushdown, which is a lat isolation exercise, the pullover is a lat and upper chest exercise. As for equipment, the dumbbell pullover is the most popular, but we find the barbell gives better lat activation due to grip and hand positioning. You can try both to see what works best for you. Form Tip: You can do this exercise two ways. One is with your back fully lying on the bench and the other is with your back lying off the side of the bench (just your upper back on the bench). The dumbbell variation below shows the latter. To start, hold a barbell or EZ bar with an overhand grip at shoulder width. Then bring the bar straight back and down. Your arms should be straight, with just a slight bend in your elbow. Bring your arms down behind you as far as you can comfortably go. You want to feel good stretching tension in your lats. Then, keeping your arms fixed, pull the bar over until your arms back slowly and really feel the stretching tension as your arms come down behind you. Again, keep your arms in a fixed position at all times. This movement is simply shoulder extension/flexion. No elbow movement by boulder extension at all times. This movement is simply shoulder extension/flexion. No elbow movement by boulder extension at all times. This movement is simply shoulder extension/flexion. No elbow movement is simply shoulder extension at all times. with your back fully on the back like the barbell pullover above. Programming Tips For Lat MusclesIf you want to build your lats fast (or at least as fast as humanly possible), there are a few things you need to consider: Type of Exercises & Variety. There are three main types of exercises for the lats: Vertical Pulls (i.e. pushdowns) Horizontal Pulls (i.e. pushdowns in other words, the action of your shoulder joint, as that will determine which region of the lat is being worked more or less. Shoulder adduction targets the upper lats best (i.e. pushdowns). Depending on your grip and angle of your body, the action of your shoulder joint can change, which in turn means your back muscles are worked differently. Grip positioning plays an important role in determining which region of the muscle is at the greatest advantage, not to mention, whether the lat is the primary focus or not. For example, overhand barbell rows will work your middle lats more because it involves more horizontal abduction with your arms flared out, whereas reverse grip keeps your elbows tucked thus making the movement act more on shoulder extension. So, with the same bent over row, you can target your middle or lower lat more simply by changing the grip. The same is true for vertical pulls. With wide grip pulldowns or pull ups, the movement will be more shoulder extension. This is why variety is key. By changing grip and performing vertical and horizontal pulls as well as shoulder extension based movements, you will be able to develop your lats as fully.Now, it should be noted that no matter what lat exercise you are doing, your entire latissimus dorsi will be working. You CANNOT isolate your upper, middle, or lower lats. Again, its just certain regions will be activated more or less. Certain movements also do a better job of activating the lat as a whole, too.2) Equipment:Equipment plays into variety as well, whether you just want to change things up to stress your muscles differently (i.e. use dumbbells rather than bent over rows to take your low back and legs out of the equation a bit) oryou just dont have access to certain equipment. All that said, some equipment is better than others for developing the lats. Most would say that the best for rows, with dumbbells being a close second, and pull ups being the best for vertical movements (weighted pull ups if you are strong enough). This is because they are the hardest and provide the most load potential. Be that as it may, other equipment like cable machines most certainly have their place, as we will explain when we demonstrate all the different variations. 3) Volume: By volume, we are referring to rep ranges and total volume. The best rep range for hypertrophy of the lats is 10-15 reps. You can even go higher depending on the exercise. If you want to focus more on strength, which you should too, lower reps are also good as well. The best rep range, give or take. Its important that you train for both strength and hypertrophy. So, mix things up. Plus, you will build pure size in any rep range, and endurance will be gained in the hypertrophy rep ranges, as will strength. In terms of total volume (weekly sets + reps), your lats are a tough muscle. Think about how often you hear someone tell you they tore a lat. You probably never heard that. The point is, your lats are a tough muscle groups is 10-15 sets per week, you can up this to 15-20+ sets for the lats.4) Intensity: Volume doesnt mean anything without noting intensity, and by intensity, we mean weight load. Before we get into that, its important to understand that the latissimus dorsi has an even ratio of slow and fast twitch muscle fibers, which means its going to respond best to moderate loads for moderate to higher reps. However, it will do well with moderate reps as well. So, again, you should be training with the well-rounded rep scheme we mentioned above (6-10 and 10+). In terms of weight load, we cant say what will be right for you, but an easy way to know if the weight load is appropriate is to gauge the difficulty within that rep range. Essentially, if you are working for 10-12 reps, then you want the weight load to bring you to or near failure within that rep range. If you are training for hypertrophy and you are able to go well past 15 reps, then you need to up the weight load. The same is true for the strength rep range. If you are training for hypertrophy and cant keep the same intensity week in and week out. To build muscle are being overloaded each workout so they are forced to adapt (grow and get stronger). The easiest form of progression is to increase weight, which we recommend for beginners, but as you get more advanced, you will need to play around with progressive overload methods. Related: Progressive overload Guide6) Diet:We arent going to go too in-depth on this point, but you obviously need to eat enough food if you want to have enough strength during workouts. When it comes to building up some big lats, you need to eat A LOT. Check out our 7-Day Meal Plan For Muscle Gain to get started!7) Mind-Muscle Connection with your lats, and to do that, you need a good mind-muscle connection. Its a lot harder with the lats since they arent on the front of your body like your chest. So, work on this, and then progressing from there. HOW TO INCORPORATE LAT EXERCISES INTO YOUR WORKOUTSThis really depends on your training program. Its going to be different if you do a body part split comparing to a full body split or upper lower split. Ultimately, the goal is to get around 15+ sets in per week. This includes vertical pulls, and pushdowns/pullovers. Since a lot of people do back days or pull days, here is an example of a well-rounded back workout that has plenty of lat volume.data tableExerciseSetsRepsWeighted Pull Ups36-12Bent Over Barbell Rows36-12T-Bar Rows38-15Lat Pulldowns310-12Lat Pushdowns310-15Rear Delt Flys315-20Not only will the be an effective workout for your lats, but your entire back as well. If you need a little additional erector work, add in some back extensions at the end. If you do a full body routine or an upper lower routine, just spread the volume out appropriately throughout the week. Here are the 5 best training splits (with full routines), each of which will ensure you are getting enough work in for your lats. BEST LATISSIMUS DORSI EXERCISES AT HOME (BODYWEIGHT LAT EXERCISES)Whether you dont have access to equipment or you simply prefer bodyweight training at home, the below exercises are your best option for developing and strengthening your latissimus dorsi muscle.1) Pull Ups & Chin Ups: Weve already discussed the benefits of pull ups and chin ups, so you can scroll up to learn why you should do them and how to do them. As you progress, weighted pull ups and chin ups are a must. 2) Inverted Rows: Weve also already covered inverted rows (although it is arguably the best option due to your ability to change the height of the bar easily). There are many ways you can do inverted rows, from under a table to a set up with chairs as seen in the pic above. Figure out a good set-up and get them done. This is going to be the best bodyweight row you can possibly do. Note: If you have a suspension trainer, you can use it for rows as well. These are very effective. 3) Towel Rows: Get a towel and anchor it to something at about chest height and perform rows! Its essentially like an inverted row but from a standing position (its easier, but if you use high reps and volume, squeeze the heck out of your lats). You can increase the difficulty with one arm towel rows too! Alternatively, to decrease the difficulty, usejust your hands rather than a towel. The towel increases stability, range of motion, and grip demand, so it is harder.4) Resistance Band Lat Exercises: With resistance Band Lat Exercises: With resistance Band Lat Exercises above. For example... Bent Over Rows Pulldowns Pushdowns, and more...We wont go in-depth on resistance band lat exercises as weve covered this in another post. Related: Resistance Band Row & Pulldown Variations Progressive overload by increasing weight load. With body weight, the only way to do this is by using an external load of some sort like a weighted backpack or resistance bands. However, you can also use other progression methods to increase reps and volume, decrease reps and volume, decrease rest time, slow down your tempo, speed up your tempo, and do harder bodyweight exercises. Play around with these variables and you will be able to keep making your workouts harder, thus overloading your muscles to force them to continue adapting. It wont be as easy as with weights, but you can surely build your lats in any case. BENEFITS OF HAVING STRONG WELL DEVELOPED LATSThe lats are an interesting muscle in that they play a small role in the average (modern) persons daily life, but they play a big role when it comes to athletics and fitness. Its not like your glutes or quads that are pretty active throughout the day (due to walking and standing up regularly). With that, if you dont workout, your lats can easily be underdeveloped. Now, your lats are not completely unused during the day, as they are involved in things like pulling on a shirt, closing a cars trunk, and swinging your arms while walking, but this is obviously not enough. So, while the lats may notplay a big role in your daily life, unless or some sport, having strong lats is going to boost your performance tremendously. In truth, if your lats are strong, then everything else will follow. Thats how big of a role they play in fitness. The main purpose of your lats, in a simplified manner, is to provide shoulder strength and back exercises (pressing and pulling) and the more injury resilient you will be at a spinal and shoulder level (two of the most susceptible areas in the human body). Whats more, strength training is also a form of dynamic stretching, so as long as you are using a full range of motion, as you are strengthening your lats, they will also become more flexible and mobile, which in turn will help you to move better. When it comes to lifting, having strong lats means you can deadlift, squat, bench press, overhead press, row and pull with heavier weight and more intensity. This is not just important for the development of your lats, but it is also important for all the muscles of your back, your deltoids, biceps, forearms, triceps, and pecs. Strong lats = a strong, well-developed, resilient upper body. In terms of aesthetics, the lats are a crucial muscle to have well developed. With well-developed lats (and shoulders and pecs), you will have that V tapered look, which makes your shoulders look wider and yourwaistmore narrow. Ergo, if you want to have an aesthetically impressive body, you need to develop those wings (evocative term for lats). Not only does it look great (on a level so deep it is basically in our DNA), but it is also a clear sign of power (which is instantly recognizable). Note: Some aspects of aesthetics will come down to genetics, which you cant change so not everyone will have the same look. Some people have a higher or lower insertion of the lats, which changes how their upper body tapers. But either way, you simply can't go wrong with big lats. Why are my lats so weak? After hearing all of these great things about the lats, you might be thinking, "damn my lats aremore like flats...why are they so small and weak?"Well, the latissimus dorsi can be weak and underdeveloped for a few reasons: You dont workout. You dont workout correctly (poor form). Other muscles are overactive during lat exercises from all angles (horizontal and vertical pulls + shoulder extension exercises). Check out our lat workouts for some additional inspiration. The other two need a little more understanding, which is why we are here. If your form is poor (for example, you use too much traps and/or biceps for pulling exercises), then you need to pay attention to how to do each exercise and use lighter weight until you know how to activate your lats when performing them. If other muscles are overactive during your pulling exercises, and this is not due to poor form, then you need to build that mind muscle connection, which also starts with lighter weight, and you may also need to try out some different exercises that better target the lats for you. Switching up your grip may help you deactivate other muscles a bit and increase engagement of your lats. For example, switching from overhand to underhand rows will greatly change the dynamics of the muscles worked, allowing you to hone in on your lats a little more. The good news is, your lats can (and will!) grow and get strongerusing the exercises we went over above.FAQsRemaininglatissimus dorsi muscle exercisesquestions? Let's answer them!IS IT HARD TO MAKE THE LATS BIGGER AND STRONGER?The lats are definitely one of the more problem areas for beginners simply because its hard to engage them properly. It takes time to learn how to hone in on them and build that mind muscle connection so that they are fully activated when they should be. That said, if you do the right lat muscle exercises, with the right load, the right load, the right load, the right volume, and use progressive overload, your lats will surely grow. As long as you are doing things right in the gym, size and strength will come. However, it is a very big muscle, so it takes hard work and timenonetheless. HOW LONG DOES IT TAKE FOR THE LATS TO GROW? If you follow everything below and stick with it, as a beginner, you can see some significant growth in 6 months. The lats are a little slower of a muscle to grow, similar to the legs. Being that the lat is so big, its going to take time to see some results. But if you stick with it and follow the information below, you can expedite the process of growth. HOW TO WARM UP THE LATS BEFORE WORKING OUT? The best way to warm up your lats before working out are with some dynamic lat stretches and by doing lightweight resistance exercises with a full range of motion to get the blood flowing, increase body temperature, and optimize mobility. Some good warm up lat exercises are lightweight pushdowns and pulldowns before you get into the weights. Also, if you are doing heavy lifting, then start light and work your way up to your working set. For example, if your working set, for example, if your working weight. What is the best lat exercise? While variety is important for building your lats over time, beginners can really stick to just a few exercises and see some fantastic results. So, if we are to narrow down the best exercises for latissimus dorsi, they would be:Pull Ups/Chin Ups (Weighted If possible)Underhand Bent Over RowsLat PushdownsIf a beginner cant do pull ups or chin ups, lat pulldowns with the same grip would be the next best thing. With these three exercises, you will be working your lats through all of the main actions, so you can get full development. In terms of muscle activation, pull ups and chin ups and bent over rows are shown to have the highest results with EMG studies, so while other exercises are good, these are the best. As you become more advanced, you will need to add more variety to your training, but if you are looking for somewhere to start, this is it. How can I train my lats without a pull up bar? If you dont have a pull up bar, you obviously cant do pull ups and chin ups. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. With that, your next best option is inverted rows and grabbing a set of resistance bands. 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All that said, we highly recommend getting a pull up bar or finding one at a park nearby and doing pull ups. Its the best body weight lat exercise you can do. And if you dont have any access to a pull up bar, you probably can find a beam of some sort to do pull ups on. You can get pull up bars on Amazon for as little as \$30. We also have a great list of the 7 Best Outdoor Pull Up Bars for you to check out. Do push ups work latissimus dorsi? Like bench press, push ups work latis latis latis latis lating to the latis lating to the latis lating to the la are not going to be enough for the best possible lat development, so we highly recommend adding the above lat specific exercises into your home workouts. Aredeadlifts are a must and they will do a great job of strengthening your lats as well, especially if you do wide grip variations of the deadlift. We didn't include the deadlift simply because it is more of a total body exercise rather than a lat exercises above, you will see serious improvements in your deadlifts over time as the lats play an important role in deadlifting. What causes tight latissimus dorsi? Your lats can become tight from overuse or if they become overactive. They can also be tight from certain injuries or simply a lack of stretching and using a full range of motion. Remember, the concentric phase of lifting (squeezing of the muscle) is just as important. By using a full range both on the concentric and eccentric phase, you really shouldnt have an issue with your lats becoming tight as you workout. That said, your lats can still become tight for one reason or another, and if they do, you should knowhow to stretch them. How do you stretch the include the hanging bar lat stretch, the bench kneeling lat stretch, and the bent over lat stretch. Foam rolling is also important. Check out our article on the 10 Best Lat Stretches For Before & After Workouts for detailed information on how to perform each of these, along with many others. Exercises For Latissimus Dorsi: Final Takeaways Now that you are armed with everything you need to know about developing your lats twice weekly for muscle hypertrophy, allowing them to rest in between sessions, which is key for muscle recovery. It's also essential that you eat to build muscle, meaning you need to be in a small calorie surplus of 300 to 500 calories. Follow my workout advice and use these exercises? Check out our Best Lat Workouts For A Bigger, Stronger Back! Prepare to maximize your gains with our exclusive 12-week hypertrophy training program. Choose between a 4 or 5 day training split and gain 2-12 pounds of muscle over 90 days...Stretching your lats a few times a week can help you gain flexibility, reduce pain, prevent injuries, and increase your range of motion. The latissimus dorsi muscles, known as the lats, are the large V-shaped muscles that connect your arms to your vertebral column. They help protect and stabilize your spine while providing shoulder and back strength. Your lats is essential in building upper-body strength, improving range of motion, and preventing injury. Here are 10 simple and effective lat stretches you can incorporate into your daily or weekly exercise routine. For maximum benefit, make sure you use proper form and technique while doing these exercises. Stretch only to the point that is comfortable. Never force yourself into a position that causes pain or discomfort. Do these stretches when your muscles are warmed up, either after a short warmup or at the end of a workout. You can repeat each exercises at least three times per week. From a kneeling position, sink your hips back and place your right forearm along the floor.Lean your weight onto your right arm and stretch out your left arm, reaching out through your fingertips. Youll feel a stretch along the side.You can maximize the stretch by rounding your lower back. To deepen the stretch, rotate your chest and ribs toward the ceiling as you stretch. Youll need a foam roller for this exercise. Foam rolling, give some extra attention to any tight, tender, or sensitive areas you notice. Engage your opposite arm and lower leg to ensure youre not putting too much pressure on your lat. Lie on your left knee however is comfortable. Roll back and forth from your lower back up to your underarm, moving as slowly as possible. Roll from side to side. Continue for 1 minute. Repeat on the opposite side. Youll need an exercise ball or a chair for this stretch, place your palm on the ball, facing up or down. Begin on all fours in a tabletop position, in front of an exercise ball. Place your right hand on the ball with your thumb facing the ceiling. Press into your grounded arm for stability and support. Engage your core muscles as you extend your arm straight out, rolling the ball forward. Sink deeper into the stretch as you hald this position for 2030 seconds. Repeat on the opposite side. Do each side 23 times. For a slightly different stretch, you can do this stretch while standing with the ball or the chair in front of you. Position your arm in the same way and hinge at your hips to roll the ball forward. You can do a variation of the ball or chair stretch with your forearms and palms pressing into the wall. Stand about 2 feet from a wall, facing toward it. Hinge at your hips to bend forward. Place the palms of your hands on the wall at about hip height. Hold this position for up to 1 minute. You can do a simple your lats. Pay attention to how your muscles are feeling as you do the poses. Do this routine on its own or as part of a longer workout. These poses can help relieve stress, pain, and tension.Upward Salute (Urdhva Hastasana) is also called Raised Hands Pose or Palm Tree Pose. This pose stretches your lats along with the sides of your weight balanced evenly on both feet.Lift both arms up toward the ceiling. Engage your core and tuck in your spine in alignment. If its comfortable for you, bend backward slightly. Eagle Pose (Garudasana) can be done while standing or sitting. This pose can help increase flexibility and range of motion in your shoulders and upper back. Stretch both arms straight forward, parallel to the floor. Cross your arms in front of your upper body so your right arm is above your left arm. Bend your elbows. Tuck your right elbow into the crook of your left elbow and raise both forearms so theyre perpendicular to the floor. Press your palms together and breathe deeply, focusing on releasing tension in your back and shoulders. Reverse your arms and repeat. The spinal rolls of Cat-Cow (Chakravakasana) will help loosen up your lats. Begin on your spine outward and allowing your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your spine. Inhale and move into Cow Pose by lifting your spine outward and spine. Inhale and move into Cow Pose by lifting your tucking in your tailbone. Allow your head to release toward the floor in a relaxed position. Downward-Facing Dog (Adho Mukha Svanasana) elongates your spine and helps build strength in your lats. Begin on all fours with your wrists under your shoulders and your knees under your hips. Tuck your toes under and lift your hips up off the floor. Straighten your knees slightly bent. You can also walk your hands forward if you need more length. Press firmly through your palms and focus on broadening across your collarbones and shoulders. Allow your chin to tuck into your feet on the floor. Bend your stomach on the floor. Stretch your legs out behind you and rest the tops of your feet on the floor. Bend your stomach on the floor. elbows and place your palms on the floor beside your waist. Inhale and straighten your ears. Childs Pose (Balasana) is a restorative pose that can help you relax your spine, shoulders, and neck while also stretching your lats. From Downward Dog, take a deep breath and exhale. Release your knees onto the floor while pulling your hips back to your feels. Rest your forehead on the floor while pulling your hips back to your heels. Rest your forehead on the floor while pulling your hips back to your hips back to your fingers as far forward as possible. Walk your fingers to each side before bringing them back to center and resting in this position. Stretching your lats a few times per week can help you gain flexibility, reduce pain, and increase range of motion. This will help prevent injury and will leave you feeling better overall, allowing you to move with strength and ease. Speak with your doctor if you experience pain while doing these

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