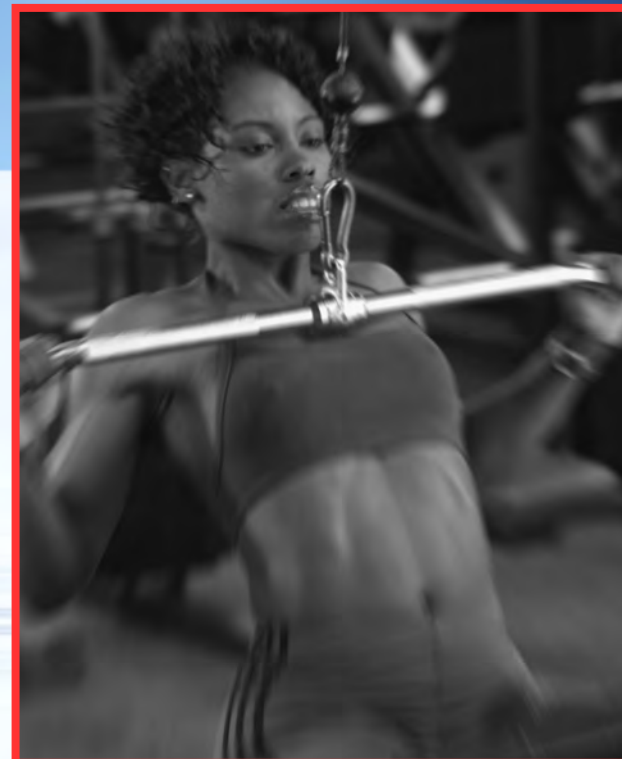


GET A GRIP ON THE LAT PULL

New research uncovers the truth on grip width

You can choose from a variety of ways to perform a weight training exercise that can change how it impacts your body. Whether you do a squat with a wide stance or narrow stance, or a bench press with a wide grip or narrow grip, altering the way you perform the exercise can cause subtle shifts in muscle activity patterns, which, in turn, could theoretically affect muscle and strength gains. Obviously, when targeting a particular muscle group, you want maximal activation of that particular muscle group. This raises the question of how variations in exercise performance, such as grip or stance width, can alter muscle activity and which variations produce maximal muscle activity. The lat pull-down is one such exercise that offers a variety of ways in which you can perform it. You can change your grip width, you can perform it behind the neck or in front of the neck, and you can have your hands facing away from you (pronated) or toward you (supinated) or facing each other (neutral). Changing these variables can ultimately affect the activity of the muscles involved in this exercise, but to what extent we did not know until researchers measured it. And now we know...

Power Key: lat pull, grip width, lat activity, muscle growth



The question is, for max lat development, should you use a narrow or wide grip? And what direction should your palms be facing?

Original Research

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