

LAT TRAINING MENU

Overview: The lat muscle is a major upper body/trunk muscle that has a host of responsibilities in athletic performance and general movement function. The lat muscle is a prime mover in humeral extension, adduction, and internal rotation. The lat is also a powerful stabilizer, with a significant number of attachment sites that we should be mindful of. Training needs based on sport (i.e. arm action in Volleyball) and individual assessment (i.e. limited humeral internal rotation) should be considerable factors when considering exercise selection and programming:

Origins: Lower thoracic spine (T6-T12), lumbar spine (L1-L5), posterior aspect of iliac crest, sacrum, & bottom four ribs. The lats also have a common overlap and integration with the lumbopelvic fascia.

Insertions: Intertubercular groove of humerus

The most common lat variations include the basics we all know and love (i.e. cable pull-down, pull-ups, bent row, etc.). While these are perfectly fine for isolated hypertrophy and fundamental strength, they're also a bit limited with practicality/transfer. One of the major considerations I have with lat accessories is examining movements that demand scapular control and/or spinal stabilization. For instance, in the Landmine SL Stop Row, you have to establish proficient SL stability to be able to pull from. The lat stabilizing the spine, and in some capacity the stance-leg hip as well, is demanded here, while also getting the conventional upper-body row with a focus on scapular control. Along similar lines, we also must consider the lat as a humeral adductor. This is something that is commonly overlooked, but especially for athletes coming off of major shoulder injury, or have general shoulder weakness/instability, adduction must be strengthened. This is sampled below in the Band 3-Way Lat.

Progression 1	Progression 2	Progression 3
Band 3-Way Lat	LM SA Pullover	BB/Band Z Press
-Long arms, thumbs up (flexion) -Long arm, hand to hip (adduction) -Maintain "perfect" posture	-Vacuum seal low back to the floor -Soft bend in elbow, neutral wrist -Load lat, not top side of shoulder	-Stack ribs & pelvis, "long spine" -Brace abs overhead -Accel thru band tension
Band Incline Pullover	LM ½ Get-Up	Hand-Release Pull-Ups
-Long arms, thumbs back -Seal low back down to bench -Squeeze your armpits	-Long arm, eyes on hand -Stabilize thru lat, not shoulder capsule; reinforce "down & back"	*Not good option for those w/o significant conventional pull-up strength
LM SA Row from Split	DB SA Pullover from Glute	Heavy Band Pullover
-Support outside arm on knee -Hips/shoulders square to ground -Squeeze armpit on row	-Drive heel thru ground, flex glute -Long arm, soft elbow, load lat -Squeeze armpit on ascent	-Long arms, soft bend in elbow -Seal low back down to floor -Think "rip" in both directions
DB Pullover from Glute	Heavy Band Bent Row	Band React Flexion
-Drive heels thru ground, flex glutes -Long arms, soft elbows, load lats -Squeeze armpits on ascent	-Tension in hams/glutes -Maintain neutral spine/head -Drive elbows, don't pull hands	-Long arms, think "rip" & "stick" -Use lats, not arms to stabilize on rebound; flex abs, soft knees

Notes:

- These are not organized in any particular fashion aside from progressive degree of difficulty.
- For those with shoulder injury history, please be mindful of selection and application
- Most of these would classify as accessory strength options
- 2-4 sets x 5-10 reps should be sufficient for most
- These are also all good candidates to utilize tempo applications (i.e. eccentric or isometric emphasis)