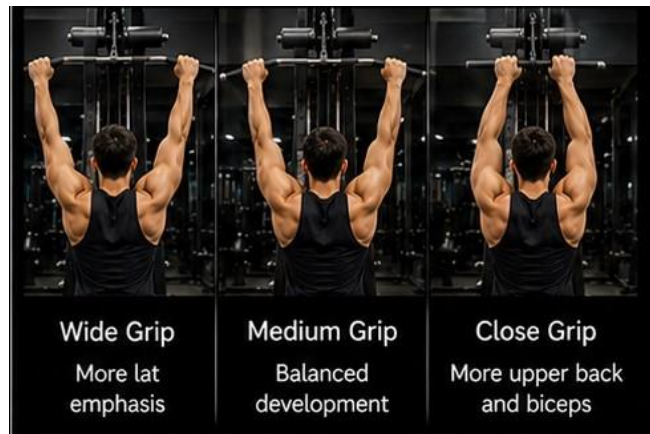


12 BEST MACHINE BACK EXERCISES FOR MUSCLE GAIN

FULL URL: [HTTPS://THEFITNESSPHANTOM.COM/GYM-MACHINE-BACK-EXERCISES-AND-WORKOUT-PLAN](https://thefitnessphantom.com/gym-machine-back-exercises-and-workout-plan)

1-3. Lat Pulldown



You can train your latissimus dorsi (the largest back muscle) with these three lat pulldown variations: **Wide Grip Pulldown**, **Medium Grip Pulldown**, and **Close-Grip Pulldown**.

We'll use different bars and handles for these variations. For example, we'll use the standard lat pulldown bar (40-48 inches long and slightly down at the ends), medium-sized bar (24-30 inches long with handle grips at the ends) for medium grip pulldown, and the v-bar for close grip pulldown.

These different lat pulldown variations effectively target the lats' upper, middle, and lower parts and help [build a wide and thick back](#).^{1, 2, 3}

Lat pulldowns are also great for people looking to improve their pull-up performance.⁴

Steps to perform lat pulldowns:

1. Select the weight, sit on the bench, and firmly grab the bar (2 times wider than your shoulder width for wide-grip pulldown, 1.5 times wider than your shoulder width for medium grip, and 0.5 to 0.75 times wider than your shoulders for close grip) with an overhand grip.
2. Slightly lean back and keep your chest up.
3. Pull the bar to your upper chest until your back muscles are contracted.
4. Return slowly to the start but avoid extending your arms entirely. That's one rep.

You can also perform the [lat pulldowns on the cable pulley machine](#) using different grip widths.

4-6. Seated Row



You can perform the seated row exercise on various machines, including the dedicated **machine**, **cable pulley machine**, and **lat pulldown machine**.

These machines also allow you to perform **seated row using one arm at a time** (unilateral rows), which is great for improving muscle imbalance and definition.^{5, 6}

The seated row exercises help build a stronger and thicker middle back by targeting lats, rhomboids, and traps, improving overall back density and muscular appearance.^{7, 8}

They also increase the pulling strength, making various [compound exercises](#) like the pull-ups, bent-over rows, and deadlifts easier to perform.

The seated row involves the following steps:

a) Seated machine row:

1. Sit with your chest against the pad.
2. Grab handles with a neutral grip, palms facing each other.
3. Pull handles toward your lower chest or upper abs. You'll feel the contraction in the back. Retract your shoulders and keep your spine straight as you drive your elbows at your sides.
4. Slowly return until your back is entirely stretched. That's one rep.

b & c) Using a low pulley cable & pulldown machine:

1. Sit with extended legs, slight knee bend.
2. Hold the V-bar or the straight handle.
3. Keep back straight, chest up, and abs tight.
4. Drive your elbows at your sides until your back is contracted.
5. Return and repeat.

Steps are the same for unilateral rows (just row one side at a time).

7. Straight-arm Cable Pulldown



The straight-arm cable pulldown is another great exercise for widening the latissimus dorsi muscles. It targets the lats directly with a full range of motion, without involving the biceps.⁹

You can do it in the standing position or by sitting on your knees, whichever feels better on your lats.

Steps for doing the straight-arm cable pulldown:

1. Attach a straight bar or rope to a high pulley and stand facing the machine.
2. Attach a straight bar or rope to a high pulley, then grab it with straight arms.

3. Pull the bar down in an arc toward your thighs until you feel the squeeze in your lats.
4. Keep arms nearly straight throughout and focus on using your lats, not arms.
5. Slowly bring the bar back up to complete your first rep.

Keep it at the end of your workouts to increase muscle fatigue, improve pump, and activate back muscles for better growth.

8. Single-arm High to Low Cable Row

The single-arm high cable row is an unilateral exercise. It involves setting the attachment at a higher position (more than your weight) and rowing or pulling with one arm in a seated position.

It is good for people who want to [train their back on one side at a time](#) and improve posture and symmetry.

It also provides more stretch in the lats than the standard pulldown, making it a great exercise for lats development.

To perform this exercise, follow these steps:

1. Set the pulley at a high position and attach a single handle.
2. Sit on your right knee while keeping the other foot flat.
3. Grab the handle with your right hand and slightly lean back for balance.

4. Pull the handle down and back toward your hip (drive your elbow).
5. Squeeze your back at the bottom, feeling contraction in the lats and mid-back.
6. Slowly extend the arm back and let it go up until your lats stretch.
7. Perform the desired reps and repeat them on the opposite side.

9. Landmine T-Bar Row



The landmine T-bar row is an [old-school muscle-building](#) workout for the back growth.

It involves loading the plates in the bar's one end and lifting them in a bent-over position. You can also call it a neutral grip bent-over row.

It primarily targets the traps, lats, and rhomboids and builds a strong back.¹⁰

The Landmine T-Row involves the following steps:

1. Place one end of a barbell in a landmine or corner.
2. Load weight plates on the free end and attach a V-handle.
3. Stand over the bar with feet of shoulder-width apart and hinge at the hips (like a bent-over row position).
4. Keep your arms extended, back straight, and core tight.
5. Drive your elbows in as the bar comes toward your upper abs.
6. Pause at the top and squeeze your shoulder blades. You'll feel a contraction in the middle of the back.
7. Lower weight slowly and get a full stretch at the bottom. That's one rep.

10. Machine Lat Pullover

The machine pullover is great for strengthening latissimus dorsi and achieving a V-shaped upper body.

It provides decent stretch and deepest contraction in the back muscles compared to various other back exercises.

It isolates the lats effectively and helps improve upper back strength and definition.

If you're a beginner and looking for a safe exercise for building a thicker and broader back, I recommend adding it to your training plan.

The machine lat pullover includes the following steps:

1. Sit on the machine and adjust the seat so the handles are above your chest level.
2. Hold the bar with both hands and maintain a neutral torso position (back straight and chest up).
3. Pull the bar down in an arc motion toward your thighs until you feel a full contraction in your lats.
4. Pause for a moment, then slowly return to the starting position.

Focus on using your back muscles during the row. Breathe out while pulling, breathe in while returning. Perform 8-10 reps, with the last 2-3 reps should be challenging.

11. Chest Supported T-Bar Row



Chest-supported T-bar row involves lying on the bench with your face down and pulling the weight.

It's a good option for those who want to make their back strong and big without placing a load on the lower back.

This exercise also makes pulling movements easier. Because your chest is supported and your body stays steady, allowing you to focus on your lift.

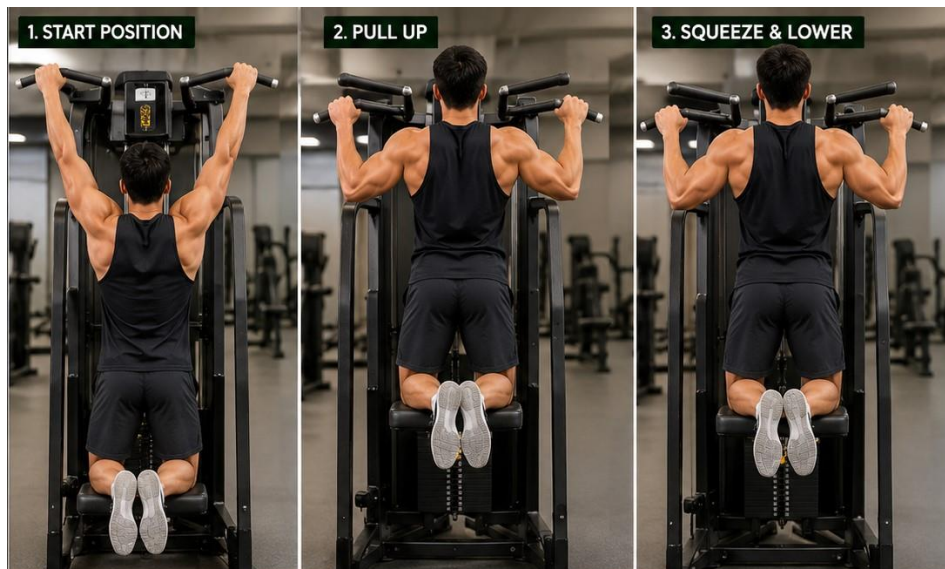
Steps to perform chest-supported T-bar row:

1. Place the weight into the machine and lie prone with your chest resting on the pad.
2. Grab handles with a neutral grip and keep your arms straight for a better stretch.
3. Driving your elbows back, pull handles toward your lower chest or upper ab.
4. Squeeze your shoulder blades together at the top and pause for a second.
5. Lower the weight slowly, feeling the stretch in your lats and mid-back. That's your one rep.

You can perform this chest-supported row after pull-ups and pulldowns. When you do it, you can skip the bent-over row.

Go for a heavy weight and keep the rep range between 8-12 (the last few reps should be challenging).

12. Assisted Pull-Up Machine



The machine makes pull-ups easier, allowing people of all fitness levels to train with proper form and confidence.

It is great for someone who wants to develop a wider back, enhance their pulling strength, improve their grip power, and build strength for manual pull-ups."

The machine is also great for those who want to perform pull-ups with better control, avoiding strain and excessive swinging.

Steps to perform a pull-up on the machine:

1. Choose the desired weight (more weight means easier pull-up and vice versa).
2. Place your knees on the support pad and grab handles wider than your shoulders
3. Keep your arms straight and brace your midsection for stability.
4. Pull yourself by driving your elbows down, bringing the chest toward the handles.
5. Pause at the top for a second and feel the squeeze in your lats and the upper back.
6. Slowly straighten your arms and feel the stretch in your lats. That's one rep.

You can start your back day with pull-ups as they activate the entire back muscle and prepare you for heavy lifts like bent-over rows, pulldowns, and seated rows.

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