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HOW TO BUILD A LAT PULLDOWN MACHINE

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By

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Synopsis

This is an illustrated booklet on how construct a lat pulldown machine from common lumber and materials available from a hardware store. It is written for the "do it your selfer".

Book Information

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Customer Reviews

I was looking for a lat machine and came across this little book. The directions are straight to the point and practical. I love the fact that someone took the time to write this guide. I can't wait to start it. Overall the only thing I have a minor problem with is that the resolution on the pictures aren't that great on my kindle. I can read it online, however. It comes across alright. It would be nice to have the ability to print them out though. "Do it yourself-cheap" is the new next wave in writing/video/etc. The self-educated resource is what people want. Whether it be building things like this lat machine or fixing your own stereo people are hungry for it. The more and more expensive things get, the more people will have to find better ways to do things. I hope the author keeps on writing books like this one. We need them.

Just what I needed.

It's okay.

You need a lot of personal innovation to make this work. It is impossible to balance the weight-bearing bar perfectly. Even if you could, motion will almost immediately imbalance the bar, and the weight on the down side will slip off and crash to floor. Meanwhile, the pull-down bar will attempt to give you a concussion. You have to build a guide of some kind to hold the weight bar steady. I built a wooden collar around the vertical sides with the weight bar running through the ends of the collar. This created a lot of wood-on-wood friction. Eventually, I had to abandon my machine because any load over 50 lbs. increased the friction to the point that one could not move the weight. On a real machine, I could pull down at least 100 lbs.

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