

Tricep Pushdown



Lifting Technique:

1. Select desired weight
2. Select grip attachment of choice

- Two-handed Lat rope

- V-shaped grip

- Short rotating Lat bar

- Long Lat bar



Revolving Exercise Bar

1. Grip the attachment pulling weight down to shoulder level
2. Stabilize stance with feet at shoulder width, easy knees, and abdominals and lower back tightened
3. Maintain upper arms locked in to the side of the body to push down the weight (movement is from the forearms, allowing full range of motions from the elbow joint only)
4. Complete desired number of repetitions

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.



***Muscles Trained:
Triceps***