

Tricep Press Down



Description: Grasp the bar attachment with both hands using an overhand (pronated) grip. Stand in front of cable machine with a long spine and engaged core while elbows are bent ~90 degrees. Extend the elbows fully with a pause at the down phase of the movement, and then slowly release returning to the start position.

****Tip:** Keep soft knees, do not hyper extend. Keep spine long and remain tall versus bending over.

Sets/reps: 10-12 reps for 3 sets.

Modifications: Adjust the weight for greater/lesser resistance. Use a resistance band or tubing.

Common Mistakes: Rounding and bending at the low back.

Target Muscles: Triceps.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

