

# 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.*

