

Triceps (machines)

Seated Dip



Exercise Description:

Seated Dip

Classification:

Triceps (machines)

Instructions:

Sit in an upright position and position hands on dip bars.

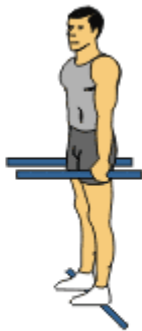
Start position: Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.

Press the machine arms down until your arms are perpendicular to the floor.

Return to starting position by bending the elbows to a bent position.

Remember to keep the trunk bent forward, head neutral, and chest up.

Assisted Dip



Exercise Description:

Assisted Dip

Classification:

Triceps (machines)

Instructions:

1) Step up on foot platform (if available) and position hands on dip bars.

2) Start position: Keep feet on platform and suspend the body with slightly bent elbows.

Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.

- 3) Lower your body until your upper arm is parallel to the floor.
- 4) Return to starting position by extending the elbows to a slightly bent position.
- 5) Remember to keep the trunk bent forward, head neutral, and chest up.
- 6) Adjust the weight until the prescribed reps are challenging.

Seated Incline Cable Extension



Exercise Description:

Seated Incline Cable Extension

Classification:

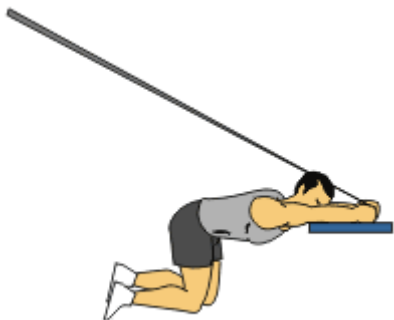
Triceps (machines)

Instructions:

- 1) Sit in upright position at about a 45 degree angle.
- 2) Start position: Grasp bar shoulder or medium width apart with overhand grip (palms down). Press bar directly overhead (now palms are up).
- 3) Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.
- 4) Return to start position.

Remember to keep back and head straight - hyperextension or flexion may cause injury.

Kneeling Cable Tricep Extension



Exercise Description:

Kneeling Cable Tricep Extension

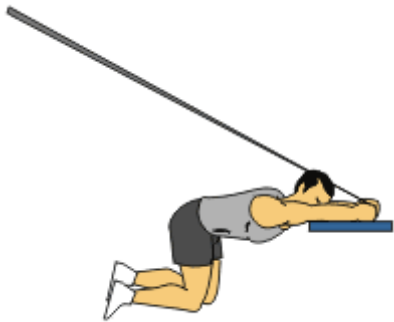
Classification:

Triceps (machines)

Instructions:

1. Kneel in an upright position. Grasp bar with shoulder or medium width with overhand grip.
2. Start position: Bend forward so your body is at a 45 degree angle.
3. Lower bar behind head by bending elbows to 90°. Elbows should remain pointing forward.
4. Return to start position with elbows extended
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

Kneeling Cable Tricep Extension



Exercise Description:

Kneeling Cable Tricep Extension

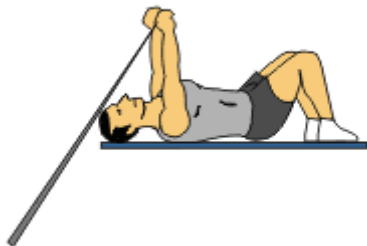
Classification:

Triceps (machines)

Instructions:

1. Kneel in an upright position. Grasp bar with shoulder or medium width with overhand grip.
2. Start position: Bend forward so your body is at a 45 degree angle.
3. Lower bar behind head by bending elbows to 90°. Elbows should remain pointing forward.
4. Return to start position with elbows extended
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

Lying Tricep Cable Extension



Exercise Description:

Lying Tricep Cable Extension

Classification:

Triceps (machines)

Instructions:

1. Sit in upright position on a flat bench.
2. Start position: Lie onto back and bring the bar to your chest. Press bar up so that bar is directly over upper chest.
3. Lower bar towards forehead by bending elbows to 90°. Elbows should remain pointing forward.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

One Arm Cable Pushdown**Exercise Description:**

One Arm Cable Pushdown

Classification:

Triceps (machines)

Instructions:

- 1) Stand approximately 2-3 feet away from overhead pulley with feet shoulder width apart and knees slightly bent. You may use a staggered stance for increased stability.
- 2) Start position: Grasp handle with shoulder width or medium overhand grip (palms down). Lower handle to chest level so that elbow is bent at 90°.
- 3) Keeping shoulder stabilized and elbow close to side, extend arm and lower bar to hip level.
- 4) Return to start position.
- 5) Remember to keep back and head erect and in a neutral position. Stabilize shoulders by squeezing shoulder blades together slightly.

One Arm Seated Tricep Extension

**Exercise Description:**

One Arm Seated Tricep Extension

Classification:

Triceps (machines)

Instructions:

1. Sit in upright position at about a 45 degree angle.
2. Start position: Grasp cable handle shoulder or medium width apart with overhand grip (palms down). Press cable handle directly overhead (now palms are up).
3. Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.
4. Return to start position.

Remember to keep back and head straight - hyperextension or flexion may cause injury.

Two Arm Cable Pushdown**Exercise Description:**

Two Arm Cable Pushdown

Classification:

Triceps (machines)

Instructions:

- 1) Stand approximately 2-3 feet away from overhead pulley with feet shoulder width apart and knees slightly bent. You may use a staggered stance for increased stability.
- 2) Start position: Grasp bar with neutral grip (palms facing each other, thumbs up). Lower bar to chest level so that elbows are bent at 90°.
- 3) Keeping shoulders stabilized and elbows close to sides, extend arm and lower rope to hip level .
- 4) Return to start position.

5) Remember to keep back and head erect and in a neutral position. Stabilize shoulders by squeezing shoulder blades together slightly.

Two Arm Cable Pushdown (heavy stance)



Exercise Description:

Two Arm Cable Pushdown (heavy stance)

Classification:

Triceps (machines)

Instructions:

- 1) Stand approximately 2-3 feet away from overhead pulley with feet shoulder width apart and knees slightly bent. You may use a staggered stance for increased stability.
- 2) Start position: Grasp bar with neutral grip (palms facing each other, thumbs up). Lower bar to chest level so that elbows are bent at 90°.
- 3) Keeping shoulders stabilized and elbows close to sides, extend arm and lower rope to hip level .
- 4) Return to start position.
- 5) Remember to keep back and head erect and in a neutral position. Stabilize shoulders by squeezing shoulder blades together slightly.

Seated Cable Tricep Extension



Exercise Description:

Seated Cable Tricep Extension

Classification:

Triceps (machines)

Instructions:

1. Sit in upright position at about a 45 degree angle.
 2. Start position: Grasp cable handle shoulder or medium width apart with overhand grip (palms down). Press cable handle directly overhead (now palms are up).
 3. Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.
 4. Return to start position.
- Remember to keep back and head straight - hyperextension or flexion may cause injury.

Seated Lever Pushdown



Exercise Description:

Seated Lever Pushdown

Classification:

Triceps (machines)

Instructions:

Starting Position: Sit in machine with your back against the pad.

Reach up and grab tricep handles.

Extend the elbows so that your hands move towards the floor.

Keep your elbows close to your side and return to the starting position.

Lever1 Pushdown



Exercise Description:

Lever1 Pushdown

Classification:

Triceps (machines)

Instructions:

Starting Position: Sit in machine with your back to the machine arms.

Place your hands on the bars and press straight down.
Return to the starting position.

Tricep Machine Preacher Pushdown



Exercise Description:

Tricep Machine Preacher Pushdown

Classification:

Triceps (machines)

Instructions:

1. Adjust seat or arm support height so that, while seated, top of arm support pad is at chest level.
2. Position arms shoulder width apart with elbows and upper arm supported on pad.
3. Start position: Grasp bar with a neutral grip with elbows slightly bent.
4. Extend at elbows and straighten arms out until forearms are parallel to floor.
5. Return to start position.
6. Remember to keep shoulders stabilized - do not shrug shoulders forward on down (eccentric) phase of movement. Do not fully extend elbows at bottom of movement.

Tricep Rope Pushdown



Exercise Description:

Tricep Rope Pushdown

Classification:

Triceps (machines)

Instructions:

- 1) Stand approximately 2-3 feet away from overhead pulley with feet shoulder width apart and knees slightly bent . You may use a staggered stance for increased stability.
- 2) Start position: Grasp rope with neutral grip (palms facing each other, thumbs up).

Lower bar to chest level so that elbows are bent at 90°.

3) Keeping shoulders stabilized and elbows close to sides, extend arm and lower rope to hip level .

4) Return to start position.

Cable Overhead Tricep Extensions



Exercise Description:

Cable Overhead Tricep Extensions

Classification:

Triceps (machines)

Instructions:

1. Start by placing cable or band at or near head level. Step forward with one foot for balance.
2. Grab handle with your hands and with your elbows pointing forward extend your hands out until your arms are straight.
3. Return to the starting position and repeat for the recommended repetitions.

Incline Cable Pressdowns



Exercise Description:

Incline Cable Pressdowns

Classification:

Triceps (machines)

Instructions:

1. Start by lying on an incline bench and holding a straight bar in front of you with your elbows tucked at your sides.

2. Slowly extend your arms down until your arms are straight keeping your elbows at your sides.
3. Return to the starting position and repeat for the desired repetitions.

Reverse Tricep Pressdown



Exercise Description:

Reverse Tricep Pressdown

Classification:

Triceps (machines)

Instructions:

1. Start by holding the bar with an underhand grip.
2. Proceed to straighten your arms by pulling down the bar until your arms are straight.
3. Return to the starting position and repeat for the suggested repetitions.