

Personal Training by Robert J. Bovee

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TRICEP PUSHDOWN (Reverse)

A. Emphasis. The primary muscles stressed in this movement are the muscles in the back of your upper arm (tricep - long head). The secondary muscles stressed are the muscles in your forearms and bicep.

B. Starting Position. Grip the bar with under grip (palms facing up). Your wrists should be straight when your arms are extended and your elbows at your sides.

C. Movement. Take **2 to 3** seconds to raise the bar up until your forearms are just past parallel to the floor. While keeping your wrists straight, press the handle down toward the floor to the extended position. Contract your triceps hard through out the entire movement.

D. Training Tips.

- 1) Be sure that the bar does not go higher than just above parallel. If it does you will feel it more in your forearms.
- 2) Keep your elbows in at your sides during the entire movement. As your elbows move away from your body your lats and shoulders will come into play, you will no longer be isolating your triceps.

F. Warning Tips.

- 1) **Do not** lock out your elbows in the extended position. Failure to do so can result in injury to your elbows.
- 2) **Do not** roll your wrists back at the bottom of this movement. This causes excessive stress on your wrists.
- 3) **Do not** raise the bar any faster than **2 to 3** seconds. You must stay in control at all times during this movement. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.