

Personal Training by Robert J. Bovee

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TRICEP PUSHDOWN (Rope)

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

B. Starting Position. Grip the rope with your hand against the clubbed end. 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. Your wrists should be straight through out the movement, press the handle down toward the floor to the extended position. When your arms are extended, your wrists, elbow and shoulder should be in a line perpendicular to the floor. 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 shoulders will come into play, you will no longer be isolating your triceps.

E. Options.

- 1) This movement can be performed with in front of the body as describe above or with your arms extended over your head.
- 2) This movement can also be performed one arm at a time with you hand staying at your side though out the movement

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** 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.