

Personal Training by Robert J. Bovee

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TRICEP PUSHDOWN (Straight Bar)

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

B. Starting Position. Grip the bar in the designated position. Stand straight up and down with your arms extended down in front of your thighs. Your wrists should be straight 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.

E. Options.

- 1) This movement can be performed with two different grips.
Medium Grip - Your hands will be directly in front of your shoulders when you bring the bar up.
Close Grip - Place your hands 1 to 1 ½ inch in toward the middle (approximately **45** degrees).
* Hand positioning will be determined by the width of your shoulders.

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.