Title: Tricep Cable Rope Push /Pull Downs

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Forearms

Summary: <ol>

<li>Set up a cable station with a straight bar on attached to the top pulley.</li>

<li>Grip the bar with an overhand grip,with your hands slightly less than shoulder width apart.</li>

<li>Position your feet shoulder width apart,with knees slightly bent for stability.</li>

<li>Pull the bar down until your forearms are parallel to the floor with your elbows close to your body and your wrists locked in a straight position. This is your staring point.</li>

<li>Moving only your forearms, push the bar down towards the floor until your arms are fully extended and you feel a stretch in your triceps. Hold for a count of one and squeeze your triceps.</li>

<li>Return to the start position moving your forearms only. Hold for a count of one then repeat.</li>

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