

Rope Tricep Extension Video Exercise Guide

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Rope Tricep Extension



EXERCISE PROFILE

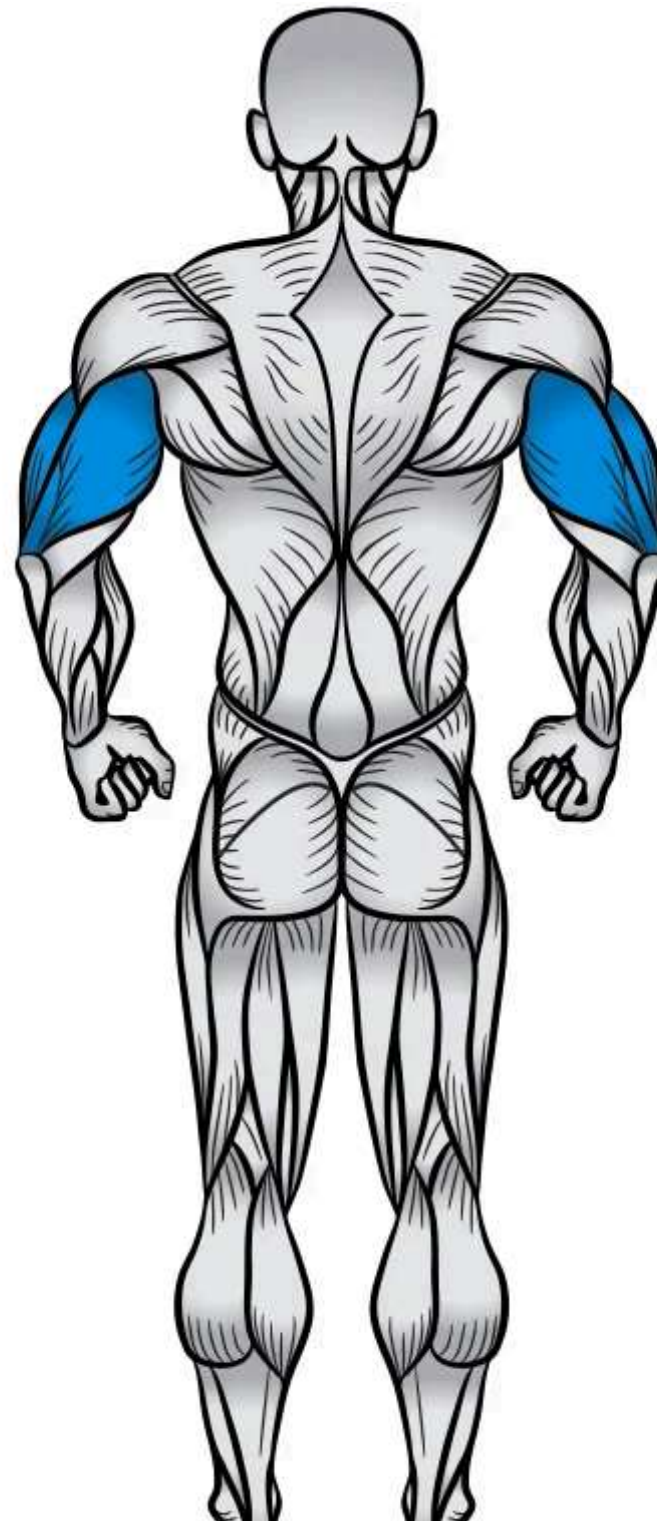
Target Muscle Group

Triceps

Exercise Type	Strength
Equipment Required	Cable
Mechanics	Isolation
Force Type	Push (Bilateral)
Experience Level	Beginner
Secondary Muscles	None

TARGET MUSCLE GROUP

Triceps





Rope Tricep Extension Overview

The rope tricep extension is a variation of the cable tricep extension and an exercise used to build the muscles of the triceps.

Well-built triceps also have a lot of positive carryover into your pressing movements such as bench press variations and shoulder press variations.

The rope tricep extension can be included in your tricep workouts, upper body workouts, push workouts, and full body workouts.

Rope Tricep Extension Instructions

1. Attach a rope to a cable stack as high as possible and assume a standing position.
2. Grasp the rope with a neutral grip (palms facing in) and lean forward slightly by hinging at the hips.
3. Initiate the movement by extending the elbows and flexing the triceps.
4. Pull the rope downward until the elbows are almost locked out and then slowly lower under control back to the starting position.
5. Repeat for the desired number of repetitions.

Rope Tricep Extension Tips

1. If you want to keep more tension in the triceps, don't lock the elbows out entirely.

2. Imagine there's a screw running through your elbow and don't allow them to move in front of the body as you extend at the bottom of the movement.
3. Experiment with static elbow positioning throughout the lift - some may find that they get a better stretch in the bottom portion of the movement by allowing their elbows to drift behind the body during the eccentric portion of the movement (similar to a drag curl).
4. Ensure the shoulder blades don't tilt forward as you extend the elbows.