

Back Seated Tricep Extension

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Sitting on the back platform, facing away from the carriage

Standard: 1-2 white springs

Intensification: Single arm

- Setup (how to perform the exercise)
 - Start by sitting on the back platform facing away from the carriage
 - Grab the short hard cables under the handlebars
 - Bring your arms up and hands together behind your head, keeping your elbows close to your ears
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you lengthen your arms upwards
 - Inhale as you bend your elbows, lowering your hands behind your head
- DO NOT
 - DO NOT arch your back
 - DO NOT let your elbows flare out
- Modification(s) (easier)
 - 1 gray spring
- Intensification(s) (harder)
 - Go slower or 1 black spring
- Challenge(s)
 - Holds and pulses
 - Pull the cable halfway up and hold
 - pulse down 2 inches and up 2 inches (easier)
 - pulse up 2 inches and down 2 inches (harder)

Note 1: Although it may feel light, each exercise is 1.5 – 2 minutes long with 2-3 exercises sequenced

Note 2: For those who have long arms, the carriage will bump into the back platform. They can sit down on the floor in front of the back platform to solve this issue