



Tricep Extension

Kneeling on the carriage, facing the front platform

[Xformer]

Standard: 2-3 white springs

Modification: use the long black strap instead of the short hard handle

Intensification: 3-4 white springs

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
 - Start by kneeling on the carriage facing forward
 - Grab the long black straps located on the sides of the carriage and hold them by the short hard handles
 - Bring your hands behind your head and interlace your fingers together, holding the short hard handles between both hands
 - Sit halfway down and chest halfway forward (butt above the heels, chest above the thighs)
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you extend your arms up and away, keeping the elbows close to your ears and looking down and slightly forward at the springs to keep your neck in line with your spine
 - Inhale as you bend your elbows to bring your hands down behind your head
- DO NOT
 - DO NOT tuck your chin into your chest
 - DO NOT lock out your elbows at the top
 - DO NOT let your elbows flare outwards
- Challenge(s)
 - Holds and pulses
 - Bring your arms halfway up and forward
 - pulse down 2 inches and up and forward 2 inches (easier)
 - pulse up and forward 2 inches and down 2 inches (harder)