



Tricep Kickback

Kneeling on the carriage, facing the back 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 the back platform
 - Grab the long black straps located on the sides of the carriage
 - Bring your arms and hands by your sides
 - Sit halfway down and chest halfway forward (butt above the heels, chest above the thighs)
 - Lift your elbows high and squeeze your shoulder blades together to open your chest
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you lengthen your arms back and press through your palms against the handles
 - Inhale as you bring you bend your elbows to lower your forearms (fingers face the floor)
- DO NOT
 - DO NOT keep your arms long and press back the handles (that's a "Chest Expansion")
 - DO NOT tuck your chin into your chest or round your shoulders forward
- Challenge(s)
 - Holds and pulses
 - Extend your arms and hands back halfway
 - pulse by lowering 2 inches and pulling back 2 inches (easier)
 - pulse by pulling back 2 inches and lowering 2 inches (harder)