

TRICEPS PULLDOWNS ON CABLE

START



MIDDLE



END



- Attach a straight or angled bar to a high pulley and grab with an overhand grip (palms facing down) at shoulder width
- Stand upright with torso straight and a slight inclination forward
- Bring your upper arms close to your body and perpendicular to the floor
- The forearms should be pointing up towards the pulley as you hold the bar
- Using the triceps, bring the bar down until its close to touching the front of your thighs
- Arms are fully extended perpendicular to the floor
- Upper arms should always remain stationary next to your torso
- Only your forearms should move
- Exhale as you perform this movement
- Hold at the contracted position for about a second
- Inhale and bring the bar slowly up to the starting point
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

TRICEPS

- Anatomically, the triceps are made up of three heads, lateral, medial and long
- The triceps pulldown mainly targets the lateral and medial heads of the triceps
- To more effectively target the long head of the triceps, widen your hand position on the bar. This position externally rotates your shoulders and puts the long head in a position where it can help out
- In addition to your triceps, triceps pulldowns also work your shoulders, abdominal muscles and upper back

NOTE

If your triceps are weaker or less defined than your biceps then you can rely on the triceps pulldown to specifically tone and develop the backs of your arms.