

Reverse Grip Pushdown

Equipment Needed: Cable-Crossover, High-Pulley, Straight Bar

Start at this Position:

- Attach the cable bar to the high-pulley.
- Grip the straight bar with your hands 6 to 8 inches apart. Palms face up.
- Stabilize your body, placing one leg in front of the other.
- Pull the bar down, by bending from your elbows. Position your elbows in front of your body, close at your sides.
- Align your hands with the lower part of your chest. Do not bend your wrists. *Refer to Start Position.*
- Stand with your back straight, head aligned with your spine, and knees slightly bent.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly extend your arms.

2. Middle Position



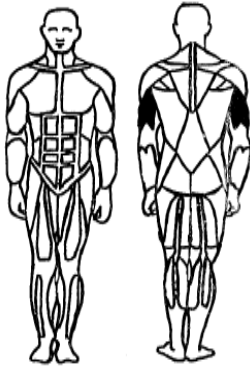
As you extend, concentrate on keeping your elbows close to your body. Move only your lower arms by bending from your elbows. Keep your upper arms stationary.

3. End Position



Lower until your arms are fully extended. Do not lock out your elbows or bend your wrists. Hold for 1/2 a second, squeezing your triceps.

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Region: Arms

- Primary Muscle Worked: Triceps

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight, head aligned with your spine, and your knees slightly bent.
 - Keep your elbows in front of your body and your upper arms stationary.
 - Do not bend your wrists.
- At start position, keep your hands aligned with the lower part of your chest.
- At end position, do not lock out your elbows or bend your wrists.
- Use your arms to perform the exercise, not your body.

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Repeat the movement for the recommended number of repetitions.