

Rope Pushdown

Equipment Needed: Cable Crossover, High-Pulley, Rope

Start at this Position:

- Attach the rope to the high pulley.
- Grip each end of the rope, positioning your hands just above each ball/knot. *Refer to Figure A.* Palms face in. Keep your wrists are straight.
- Stabilize your body, placing one leg in front of the other.
- Pull the rope down, by bending from your elbows. Position your elbows slightly in front of your body and 5-6 inches from your sides.
- Your hands are together and aligned 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.

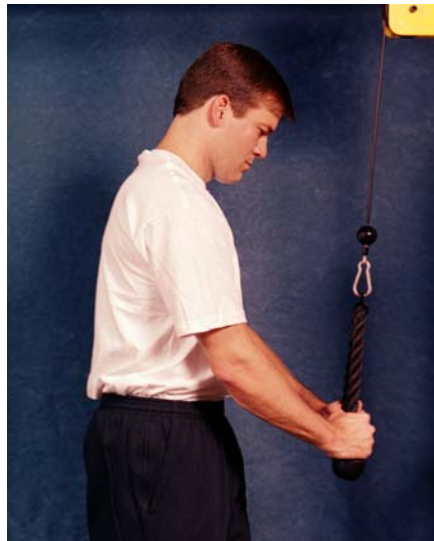
Steps to Performing the Exercise:

1. Start Position



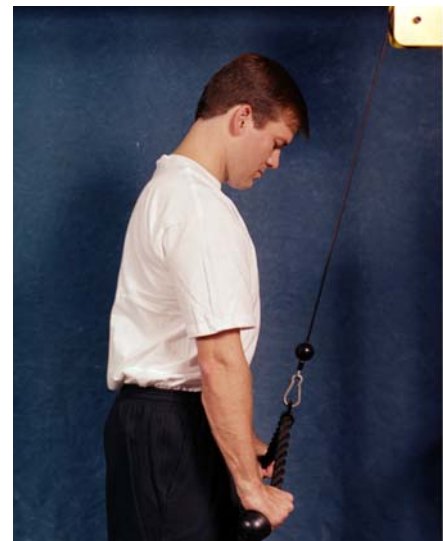
Exhale as you slowly extend your arms, pushing the rope down and out to your sides.

2. Middle Position

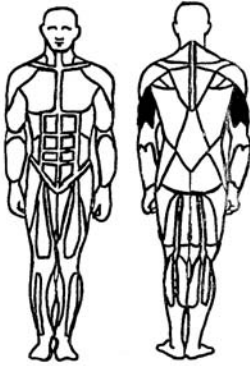


As you extend, concentrate on moving your lower arms only, by bending from your elbows. Keep your upper arms stationary.

3. End Position



Lower until your arms are fully extended and the rope is as straight as possible. *Refer to Figure A.* Do not lock out your elbows or bend your wrists. Hold for 1/2 a second, squeezing your triceps.



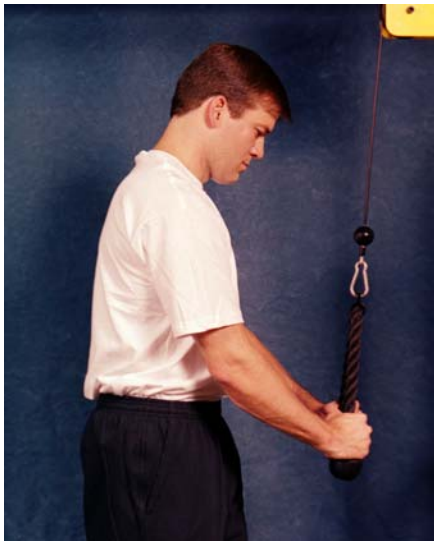
Region: Arms

- 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.
 - Do not bend your wrists.
 - Keep your elbows in front of your body and upper arms stationary.
- As you push down, focus on straightening the rope.
- At start position, your hands are 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 back.

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.

Figure A

