

TRICEPS PUSH DOWN

- Select weight
- Using inverted vee handle - stand facing the machine with feet shoulder width apart at back of Lat machine seat
- Hold handle with narrow overgrasp grip and keeping your elbows tight to your sides extend your elbows until your arms are straight - return smoothly

PowerSport

GUARDIAN

Setting Up



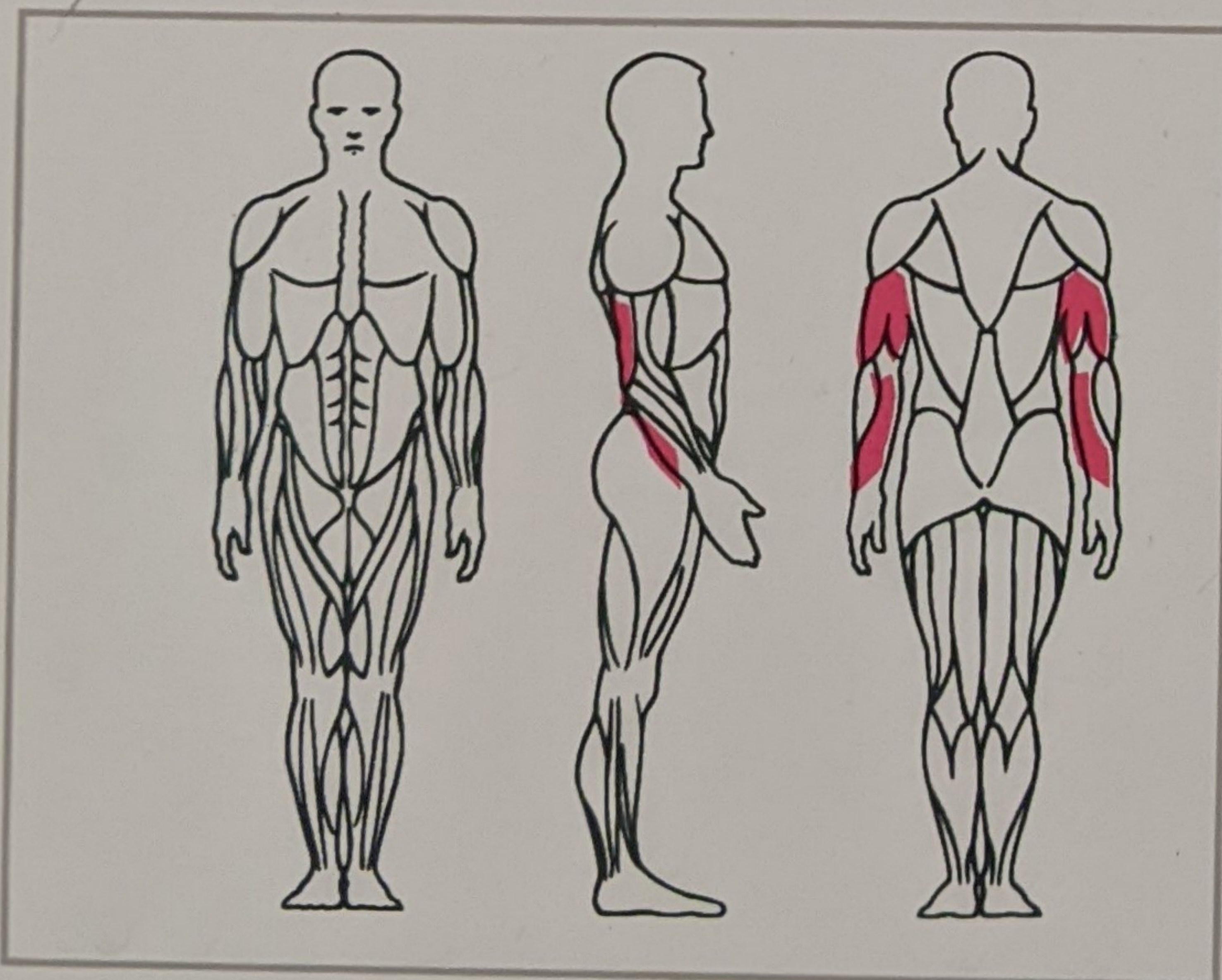
Start



Finish



Muscles Used



Training Tips

- To maintain balance during the movement - the handle and cable should be in a vertical position at completion of the exercise
- Lean forward slightly during the exercise and keep your wrists cocked

Muscles Used

Triceps (Elbow Extensors)

Triceps Brachii - Anconeus + Forearms

WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	8	13	18	23	28	35	42	49	56	63	70	77	84	91	98

WEIGHT NO.	16	17	18	19
KG's	105	112	119	126