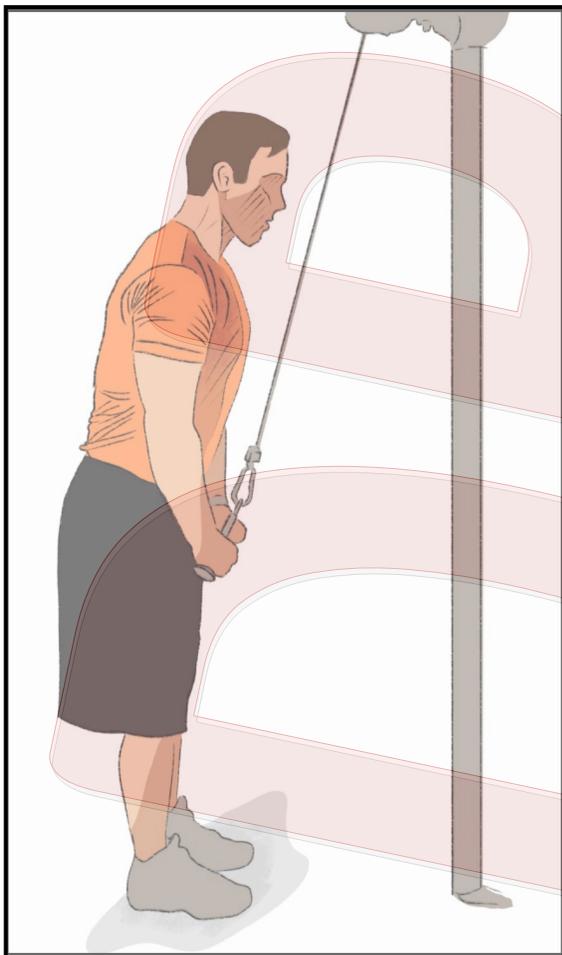


# Exercise Spotlight

## Tricep Pushdown [V-Bar, Pulley]

Muscles Worked	- Triceps, Erector Spinae, Transverse Abdominis
Benefits	- Add size to the arms and improve pushing strength - Reinforce a strong athletic stance and practice sound posture
Precautions	- Make an effort to keep the core braced by maintaining a soft athletic stance, a neutral hip position, and a slight inclination forward throughout the exercise
Instructions	- Begin on a pulley system with the carriage set in the highest position and a V-Bar attachment - Grasp the attachment, establish your athletic stance with the knees and hips slightly bent, and extend/straighten the elbows completely to find your start position - Keep your elbows close to the body and with an inhale, let the attachment rise until the elbows reach a ninety degree bend - Once the elbows reach ninety degrees, exhale and push the elbows straight - Repeat for desired number of sets and repetitions

Start and Finish



Mid Point

