

TRICEPS STRENGTHENING EXERCISES

BAR PUSH DOWNS

FEEL THIS EXERCISE OUTSIDE OF UPPER ARMS

- Before starting this exercise pull out pin from weight stack and put a short bar on a top pulley
- **STICK CHEST OUT** push down shoulders and tuck elbows against sides -on return of arms to push down position make sure elbows stay tucked against sides
- Start from bottom of ribcage and push down to waist
- Exhale as push bar down **LROME™**

ON WEIGHT STACK



BACK STRENGTHENING EXERCISES

SEATED LAT PULL

SHOULD FEEL IN WIDE BACK

- Hook long lat bar on top pulley—sit facing in toward rack—pull bar to top of head—now drop your shoulders as you drop your arms and find range where can keep wide back tight
- **LROME™**

ON WEIGHT STACK

