

Your Exercise Routine: Standing Tricep Extension

This next exercise is called the Standing Tricep Extension. It is designed to strengthen the muscles behind the upper arm, the tricep muscles.

To do this exercise we need a cable pulley station, similar to what you see here, with holes and levels where you can put the pulley and I want you to put the pulley at the top above your head.

We also need another tool to do the exercise and today we're going to use a double rope attachment which most gyms will offer. If they don't offer the double rope you can actually use one of the straight bars that are usually available.

You want to select a level of resistance that's going to be appropriate that you can feel through the exercise that's challenging, but not so challenging that you can't maintain good form throughout the exercise.

Now to do this exercise you're going to face the cable pulley station and then you're going to take the ropes. And at this point, shoulders are back and down, belly button is pulled in, and you maintain a slight lean forward in your posture from the hips.

Elbows are locked in at your sides, your arms are bent 90 degrees with your wrists straight. You're going to pull the rope down to a straight arm position and then return your arms to a 90 degree bend keeping the wrists straight. Pull down and then back up. Down.

As you do this exercise you want to make sure that the elbows do not move at all, that they stay locked in at your side. It's almost as if they have been nailed to your side.

You don't want to sway forward or back. As with our other exercises, you're going to complete 10 repetitions, take a break, and complete another set of 10 or 12 repetitions.

Let's do two more. That's your last one. Very good!