

**EXERCISE**

# Cable Tricep Push-Downs

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a cable tricep push-down. It's an upper body exercise working the triceps. Once the client is ready, you're going to ask them to take the hands and bring the elbows into the sides of the body, making sure that the elbow and the shoulder are over the top of each other so we don't have a forward position or backward position.

From here, ask them to slightly push back with their hips, lean slightly forwards, and then extend the arm straight down just to the sides of the body.

Bring the hands apart at the bottom, and with slow control, coming back up just past that 90 degree position, getting a little stretch on the back of the arm.

And then repeat, driving down - pause at the bottom, and with slow control coming up.

It's important to make sure that they are breathing continuously throughout, and we have that little bit of a pause at the bottom, contracting the triceps. And then with slow control on the way up if we can. Keep the elbows tucked into the side of the body so that they don't have any or backward movement and so that they can isolate the triceps and not involve the shoulder too much.

Just two more for me, Dom. Last one.

Once the client is finished, ask them to return back to the top of the stack and then step away.

# Main Muscles Involved

- Triceps
- Anterior deltoids
- Pectoral muscles

