

## ROPE PRESSDOWN

**TARGET:** Triceps

**START:** Attach a rope handle to a high-pulley cable. With your knees slightly bent, lean forward a bit at the waist and pin your elbows to your sides as you bring your lower arms just above parallel to the floor. Look forward, keeping your torso erect and your abs tight. This is your starting position.

**ACTION:** Flex your triceps and press the handle toward the floor until your arms are fully extended. Squeeze your tri's and hold for a brief count before returning to the start position.

**JESSICA SAYS:** "Keep your elbows in close to your body. Again, just your forearms should be moving. Squeeze your triceps at the bottom and bring the handle back up slowly."



**A**



*Turn your palms downward to feel a more intense contraction in the triceps*

**B**

# M&F HERS WORKOUT TO GO >>>

**TARGETS:** Biceps and Triceps

**ALTERNATING DUMBBELL CURL**

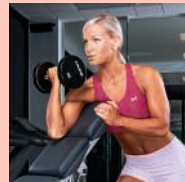
2 SETS OF 15 (WARM-UP)

**STANDING EZ-BAR CURL**

3 SETS OF 10-15

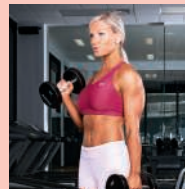
**ONE-ARM  
DUMBBELL  
PREACHER CURL**

3 SETS OF 10-15



**STANDING  
ALTERNATING  
HAMMER CURL**

3 SETS OF 10-15



**STRAIGHT-BAR PRESSDOWN**

2 SETS OF 15 (WARM-UP)

**LYING TRICEPS  
EXTENSION**

3 SETS OF 10-15



**STANDING  
OVERHEAD  
ROPE EXTENSION**

3 SETS OF 10-15



**ROPE PRESSDOWN**

3 SETS OF 10-15

