

Arm Exercises

Standing French Press – Elbow extension from a shoulder flexed position

Muscles worked:

Triceps. Also ankles, knees, hips, shoulders & core in stabilization.

Bench Position:

Removed

Accessory:

Long hand grips

Adjustable Arm Position:

8 or 9

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep abs tight, chest lifted and a slight curve in the lower back.
- Stabilize the shoulder and wrist, only allowing the elbow joint to be involved in the motion.



START



START

- Stand facing away from the engine with one foot forward and one foot back for added stability.
- Reach overhead and grasp the Hand Grips with your palms facing each other in a hammer style grip, elbows bent and pointing forward, hands behind the shoulders.
- Keep your elbows in line with the cables throughout the movement and wrists straight.

FINISH



FINISH

- Keeping the upper arms stationary, straighten your elbows, bringing your hands overhead.
- Stop your motion before your elbows are completely straight, reverse the motion, slowly returning to the Start position maintaining tension on the muscle.

Lying Triceps Press – Elbow extension

Muscles worked:

Triceps

Bench Position:

Flat

Accessory:

Long hand grips

Adjustable Arm Position:

8 or 9

Success Tips

- Keep knees bent, feet on or near the floor.
- Keep abs tight, chest lifted and a slight curve in the lower back.
- Stabilize the shoulder and wrist, only allowing the elbow joint to be involved in the motion.



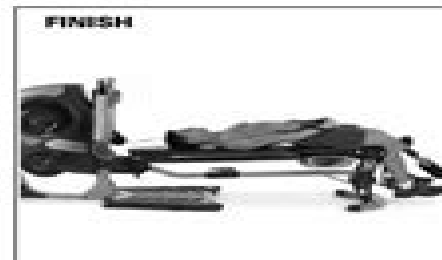
START



START

- Lie flat on the bench head toward the engine, keep knees bent, feet flat on or near the floor.
- Reach overhead and grasp the Hand Grips with your palms facing each other in a hammer style grip, elbows bent and upper arms next to your sides.
- Keep your elbows in line with the cables throughout the movement and wrists straight.

FINISH



FINISH

- Keeping the upper arms stationary, straighten your elbows, bringing your hands down toward your sides.
- Extend your elbows completely straight, reverse the motion, slowly returning to the Start position maintaining tension on the muscle.

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SJ Ball

A decorative graphic consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

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