

CABLE EXERCISES

The cable machine is a versatile piece of equipment for training the triceps brachii muscles. The different ways that you can use cables to work on your triceps are almost too numerous to mention. You can do pushdowns or overhead extensions with a straight bar, angled bar, or rope (see figure 10.3). You can also do unilateral exercises like pronated and supinated pushdowns with a single handle on the cable. With the cable exercises you can vary your grip attachments, hand angles, and movements easily. Try all the variations and rotate them in your training to incorporate variety—keep your triceps always experiencing new things. If you are strict in your movements, you isolate the triceps brachii muscles and get little other muscular assistance.



Figure 10.3 Cable bar attachments.

Cable Pushdown

1. Stand erect and grasp a bar or rope attached to a high pulley.
2. In the start position, the forearms are just about parallel to the floor.
3. With the upper arms locked into the sides, press the bar or rope down to full extension, squeezing the triceps at the bottom. If using a rope, try to flare the wrists out as well.
4. Return the weight to the starting position under control.



a



b

One-Arm Cable Pushdown

1. Stand erect and grasp a handle attached to a high pulley with one hand, which is either pronated or supinated. You can vary the grip on different sets or training days. Doing unilateral exercises can improve muscular strength deficits from limb to limb, because the strong arm can't take over the work for the weaker one as it can when you use both arms.
2. In the start position, the forearm is just about parallel to the floor.
3. With the upper arm locked into the side, press the handle down to full extension, squeezing the triceps at the bottom.
4. Return the weight to the starting position under control.
5. Complete all of the reps on one side and then switch.

Overhead Cable Extension

1. Stand erect and grasp a bar or rope attached to a high pulley with hands shoulder-width apart.
2. Turn around so that the back is facing the weight stack.
3. With the arms overhead, lean forward slightly and allow the elbows to bend to 90 degrees.
4. Keep the elbows in tight to the sides of the head and extend the arms, squeezing the triceps and flaring the wrists out.
5. Slowly return to the starting position.



a



b