

F I T N E S S



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Instruction Sheet

Split Tricep Strap



Benefits

- Unrestricted range of motion
- Allows for carrying angle of the wrist
- Foam grips for comfort
- Grips have larger diameter preventing over-gripping and carpal/wrist discomfort
- Straps accommodate individual shoulder width and lever lengths
- Does not promote internal rotation of the shoulder when rowing like narrow, metal attachments do
- Grips are adjustable to accommodate full supination and full pronation.

Exercise Tips

Tricep Pressdown

Hands should not come together at top of range to prevent internal rotation of shoulders and increased anterior deltoid/rotator cuff involvement. Grip should not be fully pronated to enable full elbow extension.

Incline Tricep Extension

Performed from low cable, lying on inclined bench facing away from stack. Upper arms remain perpendicular to floor with elbows pointed forward and hands in positioned apart throughout movement to prevent internal shoulder rotation.

Cable Row

Narrow: elbows against torso more lat. Wide: elbows away from torso near shoulder height, more rear deltoid, mid trapezius (equal rhomboid in both). Focus on initiating movement with shoulder blades, (scapular retraction). Forward spinal flexion is not recommended, (reaching), as spinal integrity is compromised by 50%, and anterior disk compression is increased. There are better methods to train back extensors and/or integrate spinal extension.

Straight-arm Pulldown

Lat development without aid from elbow flexors, (biceps). Torso more vertical, (standing upright), rear deltoid emphasis. Torso more horizontal, (bent over), more lat involvement due to increased downward rotation of scapulae. Isometric tricep work preventing flexion at elbow. Maintain neutral spinal alignment and pelvic positioning throughout range preventing increased hip or torso flexion and increased thoracic curvature. Shoulder blades should be retracted with shoulders back and down and chest out at end of movement.

Seated Pulldown

Sit on floor facing toward or away from stack. Allows for full scapular range of motion, (larger arcs), and accommodates individual shoulder width/lever lengths. Try regular overhand, (neutral), or supinated, (palms facing), grip. Again, scapular initiation.

High Row

Performed seated on a bench, box or ball away from stack with feet flat or elevated, (knees and hips flexed), leaning back slightly. Cable comes at a 45° angle from pulley to shoulders. Half retraction, (row), half downward rotation, (pulldown). This is a great option to work the angles in between the overhead and rowing positions by adjusting distance from stack.

Low Row

Pull from low cable. Half retraction, (row), half elevation, (shrug). Spine remains in neutral while flexed at hip, knee, and low back. Engaging the torso/core muscles of the trunk when flexed forward helps to protect and stabilize the lower back (thoracolumbar fascia).

Prepared by Bill Leavitt, RTS; owner of Fitness Alliance, Inc., a Personal Training Service located in Overland Park and Kansas City.

Caution: This product is not intended for use by children!