

TRICEPS OVERHEAD ON CABLE

START



MIDDLE



END



- Attach a cable to the top pulley machine
- Grasp the cable with both hands and extend your arms with your hands directly above your head with palms facing upwards
- Your elbows should be close to your head and the arms should be perpendicular to the floor with the knuckles aimed at the ceiling
- Slowly pull the cable over your head as you hold the upper arms stationary
- Inhale as you perform this movement and pause when your triceps are fully stretched
- Return to the starting position by flexing your triceps as you breathe out
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

TRICEPS

- The triceps overhead on cable is a single-joint exercise that targets the triceps, the muscles on the back of your upper arm
- Benefits of the exercise include its isolation effect

NOTE

Although a basic exercise that involves only extending the elbow, the triceps overhead has many variations to prevent you from becoming bored with the exercise.