

STRAIGHT BAR CABLE PUSHDOWNS



1. Attach a **Straight Bar** to the highest point of a pulley machine or a cross cable machine then select your desired resistance to be used. Stand tall about a foot away from the pulley, with your torso upright & straight while slightly leaning forward towards the pulley. Grab both ends of the bar in an overhand/shoulder width grip (with your palms facing down), then pull it down just a few inches until your upper arms are perpendicular to the floor and are kept (along with your elbows) close to your torso. Place one foot a bit backwards, and place the other one firm at your front. This will be your starting position.
2. Now use your triceps muscles to push the bar all the way down until your arms are fully extended and perpendicular to the floor. Only your forearms should be moving up & down with the bar, while keeping your upper arms stationary and your elbows close to your torso throughout the entire movement.
3. Slowly return the bar back up to its starting position while keeping your triceps muscle fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

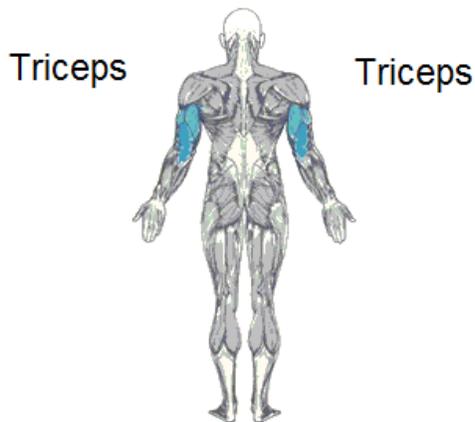
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your triceps muscles -as it should- without putting your arms and/or shoulders at risk for injury. Lower down the weight resistance if you felt that you can't properly push down the straight bar attachment without straining your elbows and/or your shoulders, or if you can't properly execute a full range of motion with full extension & full contraction. It is normal for you to also feel your chest, shoulders and upper abdominal muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES:

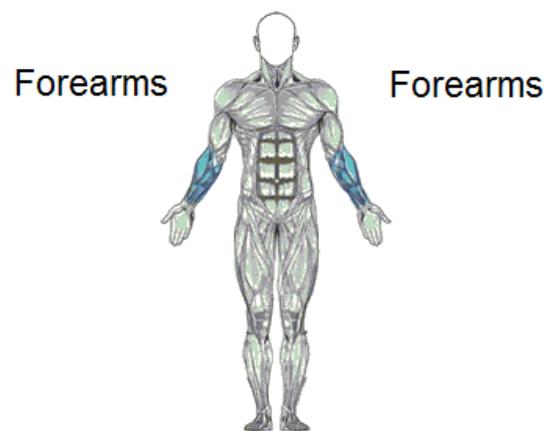
[EZ Cable PushDowns \(Wide Grip\)](#) / [Seated Overhead EZ Bar Extensions](#) / [Bench Dips](#)

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PRIMARY MUSCLE



SECONDARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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