

ROPE CABLE EXTENSIONS



1. Attach a **Rope** 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 held upright & straight and while slightly leaning forward towards. Grab both ends of the rope in a neutral grip (with your palms facing each other), then pull it down just a few inches until your upper arms are perpendicular to the floor and your elbows are right next 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 extend your arms all the way down with the rope until your arms are fully extended and perpendicular to the floor. Only your forearms should be moving up & down with the rope, while keeping your upper arms stationary and your elbows close to your torso throughout the entire movement.
3. Slowly return the rope back up to its starting position while keeping your triceps muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

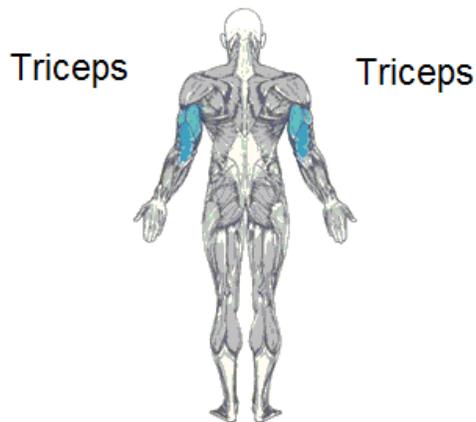
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A proper adjusted weight setting that is not too heavy should have you mostly engage your triceps muscles -as it should- without putting your arms and/or shoulders at risk for injury. Lower down the weight resistance if you felt that you can't properly extend your arms with the rope without straining your elbows and/or 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:

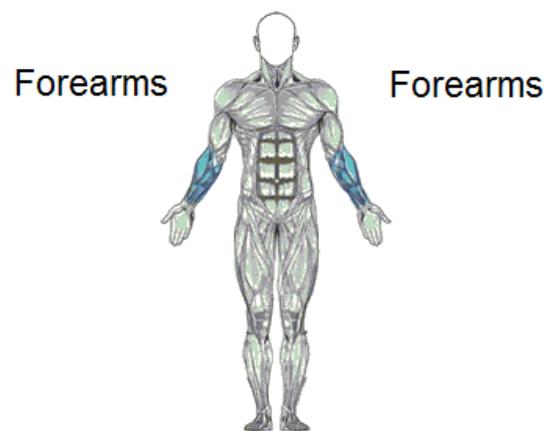
[Lying Dumbbell Extensions](#) / [Seated Overhead Dumbbell Extensions](#) / [EZ Cable PushDowns \(Close Grip\)](#) / [Seated Overhead EZ Bar Extensions](#) / [Bent Knees Assisted Dips](#)

ROPE CABLE EXTENSIONS

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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