

Attaches to universal gym cables. Heavy duty Nylon rope. Trains triceps, biceps and shoulders.

## ROPE PUSHDOWN

1. Attach a rope handle to the high setting of a cable station.
2. Keeping your elbows tucked in at your sides grab the handle, with a thumbs up grip.
3. With core engaged, bring your hands down until your arms are fully extended, then return to the starting position. Only your forearms should move.

## OVERHEAD EXTENSION

1. Attach a rope handle to the high setting of a cable station. Standing and facing away from the weight stack, with a split stance, grasp the rope overhead with a neutral grip (palms facing), and lean forward by hinging at the hips.
2. Keeping the elbows and shoulders in place, extend straight out while flexing the triceps.
3. Pull the rope downward until the elbows are almost locked out and then slowly lower under control back to the starting position.
4. Repeat





## HAMMER CURL

1. Attach the rope to the low setting of the cable machine.
2. Standing facing the weight stack, feet shoulder width apart, knees slightly bent and abs engaged.
3. Grab the rope with an underhand grip. Palms will face each other.
4. Starting with hands about upper thigh height, bending only at your elbows, raise the rope to your upper chest.
5. Hold for one count, squeeze your biceps and lower to start position. Repeat

## FLOOR EXTENSION

1. Attach the rope to the low setting of your cable machine.
2. Lying on your back, facing away from the weight stack, grab the rope with a neutral grip, palms facing each other, hands about shoulder width apart. You can either lay flat or bend your knees for this exercise.
3. Keeping your upper arms close into your body, extended up with elbows at 90 degree angle, where your forearms are parallel to the floor.
4. With the rope placed directly in front you face, raise the weight stack slightly. Start from this position.
5. Keeping your body still, slowly extend your arms out moving only your forearms.
6. Pause briefly and slowly lower the rope back to start position.



## CABLE CRUNCHES

1. Attach a rope handle to the high setting of a cable station. Place a mat under your knees for support.
2. Knees on mat, gripping the rope, body should be positioned comfortably away from the weight stack. You will need to experiment with the distance to find what is best for your body length.
3. With hips stationary, exhale and drive your elbows towards your knees pulling the rope as you do so to get into crunch position. Your hands should only be holding the rope. The exercise originates from your core. If the weight is too high it is best to go lighter and do more reps so your core is doing most of the workload.
4. Inhale and Return to start position while continuing to engage your core. Repeat

## REAR DELT ROWS

1. Attach a rope handle to the high setting on your cable machine about shoulder height. You can choose to use a high or low setting, just be sure that your elbows and the angle of the cable are perpendicular to your torso.
2. Grab the rope in each hand and step backward until the rope is taut and arms and shoulders are stretched outward. Feet can either be staggered or about hip width apart
3. With elbows out to the sides, exhale as you pull the rope toward your shoulders, keeping your elbows level, and pulling until they have reached slightly past your back. Be sure to pull with your elbows and not your biceps.
4. Pause for a two count and inhale as you return the rope to the start position. Repeat



**DAY1  
FITNESS**

## TRICEP ROPE EXERCISES

### DEALIFT PULL THROUGH

1. Attach a rope handle to the low setting of the cable machine.
2. With you back to the weight stack, walk away from the machine maybe 3-4 feet.
3. With feet slightly wider than shoulder width apart, grab the rope in each hand, holding it in between your legs. With knees slightly bent, hinge forward at the hips and reach your hands through your legs. Let the rope pull you through your legs.
4. Keep a neutral spine, be careful not to round your back.
5. Thrust your hips forward and as you stand up squeeze your glutes and lock the back of your knees. Repeat

### CABLE FRONT SQUAT

1. Place the rope in the low position on the cable machine. Facing the weight rack with feet hip-width apart, grab the rope attachment in both hands using a goblet grip.
2. Lower into a squat position (like you are sitting into a chair), keeping the rope at shoulder height, being careful not to let your knees extend past your toes.





**DAY1**  
FITNESS

## TRICEP ROPE EXERCISES

### CABLE STEP UP

1. Place the cable setting to low position on your cable machine. Place a box or a step in front of the machine about 3 feet away from the weight stack.
2. Facing away from the machine with the rope attachment over your shoulder, step up on to the box, pushing up through your heel.
3. Pause for a count and step back down, keeping your abs engaged, head up, being careful not to round your shoulders.
4. Repeat with opposite leg.

