(MTS) Triceps Extension

Muscles Exercised – Triceps

Setup –
Adjust seat so that you can place your arms onto the machine’s pads and grasp the handles comfortably.

Performing the Exercise –

1. Extend the handles out keeping the arms on the pads throughout the entire movement.
2. Do not lock your elbows when extending your arms
3. Keep chest out, shoulders back and down.
4. Slowly return handles to starting position