**SIGNATURE SERIES TRICEPS PRESS (FZTP)**

**Muscles Exercised** – Triceps

**Setup**
Adjust seat up or down so that elbows are bent at 90 degree angles when gripping the handles. Select desired weight. Rotate handles inward or outward as desired. Rest feet on floor. Keep back slightly arched and head up.  
*NOTE: To allow for more range of motion, or, less range of motion, adjust seat height accordingly.*

**Performing the Exercise**
With back on the pad and elbows close to your sides, slowly press the handles down. Do not lock elbows at the bottom of the pressing motion. Slowly return handles to start position.  
*TIP: For added variety, use large ends of handles to isolate triceps and pectorals.*