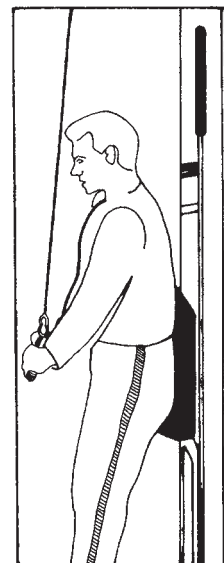


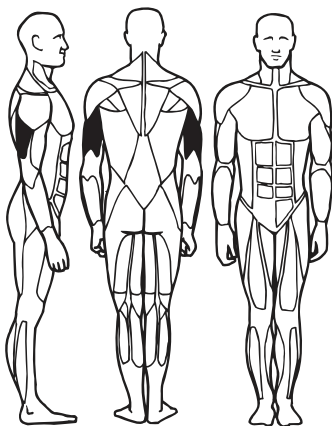
**5603 - Modular Tricep Pressdown**

1. Select appropriate resistance.
2. Attach the desired handle to the clip.
3. Position yourself with your hips and back firmly against back pad.
4. While leaning forward slightly, extend your arms downward maintaining your elbows in a stationary position.
5. Return to the start position and repeat.
6. Lift/lower with smooth, controlled movements.

**NOTE:** *The appropriate grip position allows you to keep your chest up and shoulders held back while extending your arms.*



**MUSCLES TRAINED**



**Primary - Triceps**