Exercise Technique

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Basic

Triceps Pushdowns
(Machine)

Starting Position
- Grasp the bar of an overhead pulley (lat) machine with an overhand (pronated) grip.
- Grip width can vary from several inches apart up to shoulder width.
- Stand with the elbows at the sides and the arms bent so that the bar is at the upper chest level.

The Lift
- Press downward on the bar and extend the elbows.
- Keep the elbows near the body throughout the lift. This action keeps the emphasis on the triceps and not the deltoids as the arms straighten.

Muscles Worked
Triceps.

Exercise Variation
Different handles (V-shaped, ropes, etc.) may be attached to the pulley cable for variety.

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Push (Power) Jerk Behind the Neck

Starting Position
- Place bar on upper back by either lifting from the floor or using racks.
- Grip bar with overhand grip (pronated), placing the hands somewhat wider than shoulder width.
- A snatch-wide grip should be used if this exercise is employed to teach the overhead position for the power snatch.
- Place the feet approximately shoulder width apart.
- Stand as tall as possible prior to beginning the lift.

The Lift
- Start the lift by bending the ankles and knees, lowering the hips 4 to 6 inches.
- Keep the back perfectly upright. Think of descending straight down.
- At the bottom of the drop phase, energetically drive straight up by extending the legs.

- Continue the leg drive and go up on the toes. This motion will drive the barbell off the back and upward.
- Add to the upward movement by straightening the arms.
- As the bar passes the top of the head, bend the legs a second time, as the arms drive the bar to a position where the elbows are tightly locked.
- Straighten the legs to complete the upward motion.
- Carefully lower the barbell back to the shoulders and upper back.
- Inhale prior to starting the lift.
- Exhale upon completing the lockout portion of the lift.
- While stabilizing the bar overhead, again inhale.
- Exhale as the bar is lowered to the start position.

Muscles Worked
Deltoids (anterior), triceps, leg, and hip extensors.

Important Safety Notes
Spotters should be used when learning the lift in order to help the athlete maintain balance. After the athlete has gained proficiency in the basic technique, he/she should be taught how to miss the lift safely. Experienced lifters should then train in a designated overhead lifting area. Experienced lifters may perform this lift without spotters, although occasional assistance may be needed in returning the bar to the starting position. ▲

Drawings by Jim Seward