Cybex Tricep Press

Triceps

Sit on the seat with your back against the back rest. Adjust the seat height so your arms are flush against the arm pads. Adjust the back fore/aft position so your elbows are in line with the red pivot point. Select weight.

Keep your elbows in line with the red pivot point and press the handles away from you. Feel the contraction in the back of the arms. Slowly inhale and return the weight back to the starting position.