

Training Time With John & Kristen

Stanly County Family YMCA *Helping People Grow In Spirit, Mind And Body*



NITRO PLUS
TRICEPS EXTENSION



1. Adjust seat height until triceps are parallel with restraint pad.
2. Adjust back support to sit with elbows in line with the movement arms axis of rotation
3. Position hands with palms against movement arm handles, align elbows with movement arm axis



4. Extend arms until triceps are fully contracted .
5. Pause, return slowly to starting position and repeat

