

4 TRICEP ROPE PULLDOWN



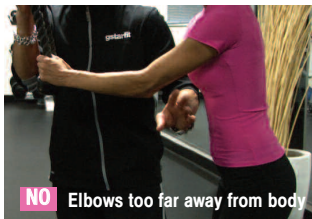
NO Flicking wrists

The Set-up

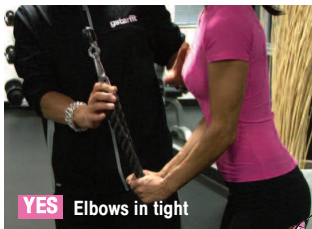
- Feet together tight, chest and chin up, slight bend
- Elbows in tight to body and keep them there
- Down to full extension and rope pulls apart
- At top, 90 degrees, rope comes back together

Key Points

- Push down through your shoulders to full extension
- Come up to 90 degrees **ONLY**
- **DO NOT** flick the wrist!



NO Elbows too far away from body



YES Elbows in tight

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