



# Tricep Rope

Manual and Exercise Guide

# Your complete **satisfaction** is our top priority!



## HAPPY

Thank you! Without your product review, we do not exist.

We know you have many choices, and we sincerely appreciate your purchase of our JFIT product. We take pride in manufacturing a quality product and hope you are completely satisfied with your item. If you have enjoyed our service and quality, please let others know what you think by leaving a review through the specific retailer you purchased your JFIT product.



## UNHAPPY

If your order arrived incorrect, damaged, or missing parts, please contact the customer service where you purchased the item, i.e. Amazon.com. All refunds and returns will need to be processed through the original point of purchase as JFIT does not have access to order information or funds.



## CONTACT

If you need help with product questions, you need replacement parts, or have concerns, please reach out to us and we will do our best to accommodate you.

**Email: [info@jfit.com](mailto:info@jfit.com)**

JFIT

11 Arcadia Way  
Columbia Falls, MT 59912  
406.300.0090  
[www.jfit.com](http://www.jfit.com)

- **Attaches to universal gym cables.**

- **Heavy duty nylon rope.**

- **Trains triceps, biceps and shoulders.**

## **Product Disclaimer:**

There are some inherent risks involved in using any JFIT product including but not limited to serious physical injury. We will not be held liable under any circumstance for incidental or consequential loss, damage, or injury due directly or indirectly to the use of this product including any malfunction from negligence or defect. The seller makes no claims as to the suitability of this product for any specific purpose or use. The Buyer understands that the use of the product can cause possible injury or death to themselves or others. The Buyer agrees to release, discharge, indemnify, and hold harmless our company and its officers, directors, shareholders, members, employees, agents, and their respective successors and assignees against any loss, liability, damage, claim, cause of action, known or unknown cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs arising from the use of our products and content.

JFIT is founded on this fact:

**IF YOUR BODY FEELS GOOD, SO WILL YOUR MIND**

# Tricep Rope Exercise Guide

## Rope Pushdown

1. Attach a rope handle to the high setting of a cable station.
2. Keeping your elbows tucked in at your sides grab the handle, with a thumbs up grip.
3. With core engaged, bring your hands down until your arms are fully extended, then return to the starting position. Only your forearms should move.

## Overhead Extension

1. Attach a rope handle to the high setting of a cable station.
2. Standing and facing away from the weight stack, with a split stance, grasp the rope overhead with a neutral grip (palms facing), and lean forward by hinging at the hips.
3. Keeping the elbows and shoulders in place, extend straight out while flexing the triceps.
4. Pull the rope downward until the elbows are almost locked out and then slowly lower under control back to the starting position.
5. Repeat.

## Hammer Curls

1. Attach the rope to the low setting of the cable machine.
2. Standing facing the weight stack, feet shoulder width apart, knees slightly bent and abs engaged.
3. Grab the rope with an underhand grip. Palms will face each other.
4. Starting with hands about upper thigh height, bending only at your elbows, raise the rope to your upper chest.
5. Hold for one count, squeeze your biceps and lower to start position. Repeat.

## Shoulder Raises

1. With arms placed down at your sides, palms facing down.
2. With arms straight and without bending your elbows, raise your arms until they reach shoulder height.
3. Slowly drop your arm, straight down to start position.
4. Repeat.

## Floor Extension

1. Attach the rope to the low setting of your cable machine.
2. Lying on your back, facing away from the weight stack, grab the rope with a neutral grip, palms facing each other, hands about shoulder width apart. You can either lay flat or bend your knees for this exercise.
3. Keeping your upper arms close into your body, extended up with elbows at 90 degree angle, where your forearms are parallel to the floor.
4. With the rope placed directly in front of your face, raise the weight stack slightly. Start from this position.
5. Keeping your body still, slowly extend your arms out moving only your forearms.
6. Pause briefly and slowly lower the rope back to start position.

# Tricep Rope Exercise Guide

## Cable Crunches

1. Attach a rope handle to the high setting of a cable station. Place a mat under your knees for support.
2. Knees on mat, gripping the rope, body should be positioned comfortably away from the weight stack. You will need to experiment with the distance to find what is best for your body length.
3. With hips stationary, exhale and drive your elbows towards your knees pulling the rope as you do so to get into crunch position. Your hands should only be holding the rope. The exercise originates from your core. If the weight is too high it is best to go lighter and do more reps so your core is doing most of the workload.
4. Inhale and return to start position while continuing to engage your core. Repeat.

## Rear Delt Rows

1. Attach a rope handle to the high setting on your cable machine about shoulder height. You can choose to use a high or low setting, just be sure that your elbows and the angle of the cable are perpendicular to your torso.
2. Grab the rope in each hand and step backward until the rope is taut and arms and shoulders are stretched outward. Feet can either be staggered or about hip width apart.
3. With elbows out to the sides, exhale as you pull the rope toward your shoulders, keeping your elbows level, and pulling until they have reached slightly past your back. Be sure to pull with your elbows and not your biceps.
4. Pause for a two count and inhale as you return the rope to the start position. Repeat.

## Deadlift Pull Through

1. Attach a rope handle to the low setting of the cable machine.
2. With you back to the weight stack, walk away from the machine maybe 3-4 feet.
3. With feet slightly wider than shoulder width apart, grab the rope in each hand, holding it in between your legs. With knees slightly bent, hinge forward at the hips and reach your hands through your legs. Let the rope pull you through your legs.
4. Keep a neutral spine, be careful not to round your back.
5. Thrust your hips forward and as you stand up squeeze your glutes and lock the back of your knees. Repeat.

## Cable Front Squat

1. Place the rope in the low position on the cable machine. Facing the weight rack with feet hip-width apart, grab the rope attachment in both hands using a goblet grip.
2. Lower into a squat position (like you are sitting into a chair), keeping the rope at shoulder height, being careful not to let your knees extend past your toes.
3. Return to standing position and repeat.

## Cable Step Up

1. Place the cable setting to low position on your cable machine. Place a box or a step in front of the machine about 3 feet away from the weight stack.
2. Facing away from the machine with the rope attachment over your shoulder, step up on to the box, pushing up through your heel.
3. Pause for a count and step back down, keeping your abs engaged, head up, being careful not to round your shoulders.
4. Repeat with opposite leg.

JFIT is founded on this fact:

IF YOUR BODY FEELS GOOD, SO WILL YOUR MIND