

Rope Pushdown

High pulley / dual-ended rope

Keep the upper arms near your sides and extend the elbows to press the rope down.



Starting position / Elbows bent, upper arms near the sides.

Main target: triceps

The main elbow extensors on the back of the upper arm comprise the long, lateral and medial heads.

Assistance: anconeus

The anconeus assists elbow extension; this does not imply an equal training stimulus.

How it works

Elbow extension drives the movement while the upper arms stay nearly still. The rope does not completely isolate a single triceps head.

Setup and grip

Secure one dual-ended rope to the high cable. Face the machine with a steady stance and torso. Grip just above each end stop; align wrists with forearms. Soften the knees, relax the shoulders and avoid a strong back arch.

Forearm muscles support grip and wrist position. Shoulder-region and trunk muscles stabilize the upper arms and posture; distinguish these roles from elbow-extension prime movers.

Set, extend, return

Rope Pushdown



Pressed-down position / Extend without shoulder swing or forced wrist rotation.

1 Set the upper arms

Bend the elbows comfortably and keep the upper arms near your sides. Keep the cable engaged and hold both rope branches.

2 Extend to press down

Extend the elbows to move the forearms down while shoulders and upper arms stay nearly still. Avoid using bodyweight or rocking the torso.

3 Finish with control

Straighten without snapping the elbows. Let the rope ends separate modestly and pause briefly, without forcing wrist rotation.

4 Return slowly

Bend the elbows back to the start. Keep the upper arms from drifting forward and control the load without dropping or slamming the stack.

Technique checks

- Keep upper arms near your sides; avoid shoulder or torso swing.
- Hold both rope branches and keep wrists aligned without twisting.
- Use a modest separation at the bottom and control the return.

Use a controllable load. Stop for elbow, wrist or shoulder pain. Follow the machine instructions for attachment security and adjustments.

References

1. Mayo Clinic, MC2972 p12 - [cancereducation.mayoclinic.org / mc2972.pdf](https://cancereducation.mayoclinic.org/mc2972.pdf)
2. [P]rehab Rope Pushdown - [theprehabguys.com / tricep-pushdown-rope](https://theprehabguys.com/tricep-pushdown-rope)
3. Elbow-extension research: Le Bozec et al. 1980 - doi.org/10.1007/BF00421625
4. Elbow-extensor research: Travill 1962 - doi.org/10.1002/ar.1091440408
5. Reference video: HLA - youtube.com/watch?v=I6wmdHytXss

Model reference: A.png / The same images are used in both languages.