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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## **Exercise The Right Way – The Triceps Pushdown**

**By Rick Mitchell**

### **Exercise The Right Way – The Triceps Pushdown by Rick Mitchell**

In this article we'll take a close look at the triceps pushdown.

MUSCLES TARGETED: triceps brachii

STARTING POSITION

DOWNWARD MOVEMENT

UPWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

## **Increase Your Training Intensity – Pre-Exhaustion**

**By Rick Mitchell**

### **Increase Your Training Intensity – Pre-Exhaustion by Rick Mitchell**

Examples of pre-exhaust routines commonly performed by bodybuilders are listed below:

Biceps – barbell curls and close-grip, palms-up pulldowns.

Triceps – pressdowns and dips.

## Exercise The Right Way – The Triceps Pushdown

Pectorals – flyes and bench presses.

Lats – dumbbell pullovers and barbell rows.

Deltoids – dumbbell laterals and presses behind neck.

Traps – shrugs and upright rows.

Thighs – leg extensions and squats.

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