

Best Tricep Cable Exercises To Target All Heads

Building strong, toned arms is a goal many fitness enthusiasts strive for, and one of the most effective ways to achieve it is by focusing on the triceps. Accounting for two-thirds of your upper arm's muscle mass, the triceps play a crucial role in arm strength and definition. Among the best ways to target these muscles are **tricep cable exercises**, which provide consistent tension and controlled resistance. Whether you're aiming to improve your arm aesthetics or boost your overall strength, incorporating cable-based tricep workouts into your routine can take your results to the next level. Let's explore the most effective cable exercises to sculpt powerful, strong arms.



1. Triceps Pushdown

The triceps pushdown is a staple in any tricep cable exercises. This exercise primarily targets the lateral head of the triceps, but with proper form, it can engage all three heads.

Starting position: Stand upright with your upper arms close to your body, and grab the bar attached to the cable machine with an overhand grip. Your elbows should be bent, and your forearms should be parallel to the floor.

Execution: While keeping your upper arms stationary, extend your arms downward until they are fully extended. Squeeze your triceps at the bottom of the movement, then slowly return to the starting position.

Pro Tip: Ensure you maintain a full range of motion by allowing your forearms to rise slightly above parallel on the return. This engages the triceps more effectively and promotes better muscle growth.

2. Overhead Triceps Extension

The overhead triceps extension is excellent for targeting the long head of the triceps, which is often overlooked in many tricep exercises.

Starting position: Attach a rope handle to the cable machine and stand facing away from the machine. Hold the rope with both hands behind your head, with your elbows bent.

Execution: Extend your arms overhead, ensuring that your elbows stay close to your head. Once your arms are fully extended, slowly lower the rope back to the starting position.

Pro Tip: Keep your upper arms stationary and focus on the movement of your forearms. This ensures that you are effectively working the long head of the triceps.

3. Cable Kickbacks

Cable kickbacks are a fantastic isolation exercise that targets all three heads of the triceps, with a particular emphasis on the long head.

Starting position: Attach a single handle to the lower pulley of the cable machine. Stand facing the machine and grab the handle with one hand. Bend forward at the hips, keeping your back straight and your upper arms close to your body.

Execution: Extend your arm behind you until it is fully extended. Squeeze your triceps at the end of the movement, then slowly return to the starting position.

Pro Tip: Perform this exercise with a light to moderate weight to ensure you maintain proper form and achieve a full range of motion.



4. Cable Rope Face Pulls

While primarily targeting the rear deltoids, cable rope face pulls also engage the triceps, particularly the long head.

Starting position: Attach a rope to the high pulley of the cable machine. Stand facing the machine and grasp the rope with both hands, arms extended.

Execution: Pull the rope towards your face, ensuring that your elbows remain high. Once the rope reaches your forehead, pause and squeeze your triceps before returning to the starting position.

Pro Tip: To maximize triceps engagement, focus on controlling the movement and avoid using momentum.

5. Cable Close-Grip Bench Press

The cable close-grip bench press is a powerful compound exercise that targets the triceps, chest, and shoulders. It's one of the best cable exercises for triceps. If you're looking to build strength and size in your upper body.

Starting position: Attach two handles to the low pulleys on either side of the cable machine. Lie on a flat bench positioned between the pulleys and grab the handles, bringing them together above your chest with your arms extended.

Execution: Lower the handles toward your chest while keeping your elbows close to your body. Once the handles reach your chest, press them back up to the starting position, fully extending your arms at the top.

Pro Tip: Keep the movement slow and controlled to ensure you're fully engaging the triceps and not just relying on your chest and shoulders.

6. Cable Overhead Tricep Extension with Bar

This variation of the overhead triceps extension using a straight bar targets the long head of the triceps more directly.

Starting position: Attach a straight bar to the high pulley of the cable machine. Stand facing away from the machine, holding the bar with both hands behind your head.

Execution: Extend your arms upward, ensuring that your elbows stay close to your head. Once your arms are fully extended, slowly lower the bar back to the starting position.

Pro Tip: Focus on keeping your upper arms stationary throughout the exercise to maximize engagement of the long head of the triceps.



7. Reverse Grip Tricep Pushdown

The reverse grip tricep pushdown from tricep cable exercises is an excellent exercise for targeting the long head of the triceps while also engaging the lateral and medial heads.

Starting position: Attach a straight bar to the high pulley of the cable machine. Stand facing the machine and grasp the bar with an underhand grip, your elbows bent at 90 degrees.

Execution: Extend your arms downward while keeping your upper arms stationary. Once your arms are fully extended, squeeze your triceps and slowly return to the starting position.

Pro Tip: The reverse grip helps to engage the long head of the triceps more effectively, so ensure that your grip remains secure throughout the exercise.

Conclusion

Incorporating tricep cable exercises into your triceps training routine is an excellent way to build strength, enhance muscle definition, and achieve a well-rounded upper body. By focusing on exercises that target the long head of the triceps, such as the triceps pushdown and overhead triceps extension, you can ensure that your triceps workout is effective and comprehensive.

Remember to perform each exercise with proper form, using a full range of motion, and to adjust the weight on the cable machine to suit your strength levels. Consistency is key to achieving muscle growth. So make sure to incorporate these best triceps cable exercises into your regular workout routine for the best results. Whether you're a beginner or an experienced lifter, these triceps exercises with cables will help you build strong arms and take your fitness to the next level.