

Fitness Focus!

Matrix Aura Triceps Extension

The Matrix Aura Triceps Extension is a premium machine designed to build defined, strong arms. It features an angled pad system that locks your body into position to stabilize the arms, while pivoting handles automatically adjust to your forearm length for a smooth, joint-friendly movement.

Benefits & Target Muscles

Complete Isolation: Targets all three heads of the triceps brachii.

Joint Protection: Ergonomic design reduces unwanted strain on the elbows.

Maximum Stability: Forward-tilted chest pad keeps focus strictly on the arms.

Functional Power: Improves lockout strength for bench and shoulder presses.

How to Use

1. **Weight Selection:** Set your stack weight using the yellow pull pin.
2. **Setup:** Sit firmly, press your chest against the pad, and place your upper arms flat on the cushions.
3. **Grip:** Grasp the pivoting handles naturally.
4. **Execution:** Push downward and forward until your arms extend fully.
5. **Return:** Control the weight slowly back to the starting point.



Tips for Results:

Tempo Control: Lower for 1 second, squeeze for 1 second, return for 3 seconds.

Constant Tension: Stop just short of a harsh elbow lockout at the bottom.

Mistake: Flaring Elbows Out

→ **Fix:** Keep elbows tucked tight and parallel to each other.

Mistake: Lifting Off the Seat

→ **Fix:** Lower the weight; keep your chest glued to the pad.

Mistake: Short Reps

→ **Fix:** Use full range of motion from a deep top stretch to full bottom extension.