



Terrific Triceps



1. Overhead Tricep Extension on Cable Machine: Starting Position: Walk away from the cable machine placing your elbows by your ears. Your elbows will make a 90 degree angle before you move. Lean forward keeping your back straight. Ending Position: Extend your arms out so they become straight. Do not move your shoulders; the movement comes from your elbows. Start off with 2 sets of 12-15 repetitions.



2. Tricep Dips on a Bench: Starting Position (Left Image): Place your wrists onto a flat bench. Walk your feet out (if you need to walk further out then picture is you may do so). Ending Position (Right Image): Dip down so your elbows reach no further than 90 degrees. Press up keeping your elbows in without locking your elbows out. Start off with 2 sets of 12-15 repetitions.
3. Tricep Twist Downs: Starting Position: Grab your dumbbells and lay onto a fitball making sure your head is supported. Start with your palms facing away from your body. Ending Position: As your elbows come down to 90 degrees twist your palms so they now face you. Keep your elbows in only moving in the elbow joint not the shoulder. On the way back up your hands twist to face away once again. Start off with 2 sets of 12-15 repetitions.

For more information, ask one of your certified personal trainers