

Phase 3

GOOD FOR:

- Strengthening the triceps, shoulders, and pecs
- Preventing triceps pain and injury

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Push sets to fatigue
- Tools: dumbbells, bench, resistance tube band

Add load or reps to increase difficulty

triceps kickback

Start with one hand and knee on a bench and your back straight. With your other arm holding a dumbbell at your side, bend your elbow to about 90 degrees. Keeping your arm close to your body, straighten your elbow into full extension.



triceps push-down

You can do this exercise in a standing or kneeling position with either a resistance band or a cable machine. With your palm facing down and your elbow bent, drive your hand toward the ground and extend your elbow while keeping your arm close to your side.



shoulder press

Start in a kneeling position with your lead shin vertical and torso upright. Position a dumbbell over one shoulder, keeping your elbow tight to your body and palm facing inward. Push the weight straight up and fully lock out your elbow. Return to the start position slowly and with control.



press (choose one)

press (bench press)

Lie on a bench and position dumbbells over your lower chest with your palms facing your legs. Position your elbows slightly away from your body (at a 45-degree angle) and keep your forearms vertical. As you press the dumbbells straight up, rotate your shoulders so that your palms are facing each other at the top of the movement.



press (push-up)

Get into the plank position: hands shoulder width apart, shoulders aligned over your wrists, and back flat. Keeping your elbows in (about 45 degrees from your body), forearms vertical, and back flat, slowly lower your chest to the ground. Reverse the movement and reach the start position with your elbows extended.



press (banded press)

Anchor a band at about chest height. Press your arms straight out. As you extend your elbows, rotate your palms toward the ground.



press (bench dip)

Grip the edge of a bench with your elbows straight. Walk your feet out, position your legs together, and get your back flat. Slowly lower yourself as far as you can without pain, then return to the start position. If you can't complete the full movement due to pain, stick with partial range of motion repetitions.

