**Dips**: Grasping two parallel bars that are approximately shoulder-width apart as shown in raise yourself up to an initial position with your arms extended and supporting the entire weight of your body. Next, lower yourself to a final position where your elbows are bent and your shoulders are mildly stretched and then use your arms to push yourself upwards to the initial position. https://imgur.com/etSREXc.jpg

**Tricep Extension:**  Sit down on a bench with back support and grasp a dumbbell with both hands and hold it overhead at arm's length. Tip: a better way is to have somebody hand it to you especially if it is very heavy. The resistance should be resting in the palms of your hands with your thumbs around it. The palm of the hand should be facing inward. This will be your starting position. Keeping your upper arms close to your head (elbows in) and perpendicular to the floor, lower the resistance in a semi-circular motion behind your head until your forearms touch your biceps. Tip: The upper arms should remain stationary and only the forearms should move. Breathe in as you perform this step. Go back to the starting position by using the triceps to raise the dumbbell. Breathe out as you perform this step.

https://imgur.com/YktU0Tg.jpg

**Tricep Pushdown**: Attach a straight or angled bar to a high pulley and grab with an overhand grip (palms facing down) at shoulder width. Standing upright with the torso straight and a very small inclination forward, bring the upper arms close to your body and perpendicular to the floor. The forearms should be pointing up towards the pulley as they hold the bar. This is your starting position. Using the triceps, bring the bar down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move. Exhale as you perform this movement. After a second hold at the contracted position, bring the bar slowly up to the starting point. Breathe in as you perform this step.

https://imgur.com/ia1k9YL.jpg

**Rope Overhead Triceps Extension**: Attach a rope to the bottom pulley of the pulley machine. Grasping the rope with both hands, extend your arms with your hands directly above your head using a neutral grip (palms facing each other). Your elbows should be in close to your head and the arms should be perpendicular to the floor with the knuckles aimed at the ceiling. This will be your starting position. Slowly lower the rope behind your head as you hold the upper arms stationary. Inhale as you perform this movement and pause when your triceps are fully stretched. Return to the starting position by flexing your triceps as you breathe out.

https://imgur.com/p8wSQXZ.jpg

**Dumbbell Tricep KickBacks**: Start with a dumbbell in each hand and your palms facing your torso. Keep your back straight with a slight bend in the knees and bend forward at the waist. Your torso should be almost parallel to the floor. Make sure to keep your head up. Your upper arms should be close to your torso and parallel to the floor. Your forearms should be pointed towards the floor as you hold the weights. There should be a 90-degree angle formed between your forearm and upper arm. This is your starting position. Now, while keeping your upper arms stationary, exhale and use your triceps to lift the weights until the arm is fully extended. Focus on moving the forearm. After a brief pause at the top contraction, inhale and slowly lower the dumbbells back down to the starting position.

https://imgur.com/9vxTF5C.jpg