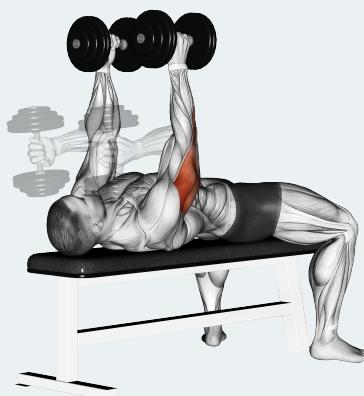


TRICEP WORKOUT



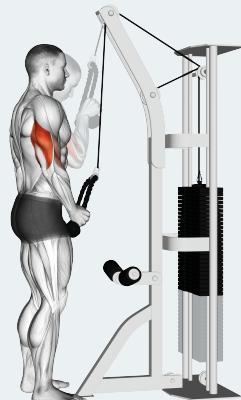
Tricep Dips

- Place your hands on the side of the bench and lift yourself up into position so that your arms are fully extended and your torso is straight up and down.
- Keeping your elbows from flaring out, and your body upright, lower down to fully bend the elbows.
- From the bottom position, focus on pushing through the triceps to push back to the start position. Remember to keep your elbows in as close to your body throughout the movement.



Lying Tricep Extensions

- Whilst lying supine on a bench, hold dumbbells directly in line with shoulders.
- With arms vertical and palms facing each other, lower dumbbells to the forehead by only bending at the elbow.
- Extend arms fully but do not lock out elbows, use a spotter if you are performing this exercise with heavy weights or you are close to failure.



Triceps Pushdown

- Grasp bar/rope with an overhand grip, keeping elbows tucked into the ribs, brace abs, keep chest up and your shoulders down and back.
- Press straight down by fully extending the elbow joint, while keeping your head up and wrists straight.
- Return to the start position under control.



Seated Tricep Pushdown

- From the seated position, grasp the handles with wrists straight and elbows tucked to the rib cage.
- Press down by extending the elbows and keep elbows tucked.
- Return to the start position under control.



KEY:

FX

FW

BW

ISO

COM

Close Grip Tricep Press

- Whilst lying supine on a bench, grasp the barbell with a shoulder width grip.
- Lower the barbell under control while keeping elbows narrow and tucked to your sides.
- Barbell should gently touch low on the chest before pressing back up.