1)one arm triceps extension

1)Hold a dumbbell in one hand directly behind your head, with your elbow bent and pointed towards the ceiling.\n\n

2)Extend through your elbow until your arm is straight and the dumbbell is directly above you. \n\n

3)Lower your arm back to starting position and repeat. \n\n

2)Seated Triceps Extension

1)Sit on a bench and hold one dumbbell with both hands directly above your head. \n\n

2)Slowly flex your elbows and lower the weight behind your head as you keep your upper arms still. \n\n

3)Extend your arms and repeat. \n\n

**3)Two Arms Triceps Extension**

1) Standing or sitting grasp a dumbbell of desired weight. Be sure to keep the core tight throughout the entire lift. \n\n

2) Raise the weight vertically into the starting position\n\n

3) Lower the weight downward (behind the head) until the forearms reach horizontal, inhaling throughout the movement. \n\n

4) Press the weight upwards to the starting position, exhaling throughout the movement.\n\n

5) Repeat steps 3-4 for as many reps as desired\n\n

4) Triceps Kickback

1)Stand to the right of your weight bench, holding a dumbbell in your right hand with your palm facing in. \n\n

2)Place your left lower leg and your left hand on top of the bench. \n\n

3)Lean forward at the hips until your upper body is at a 45-degree angle to the floor. \n\n

4)Bend your right elbow so your upper arm is parallel to the floor, your forearm is perpendicular to it, and your palm faces in. \n\n

5)Keep your elbow close to your waist. \n\n

6)Pull your abdominals in and bend your knees slightly. \n\n

7)Keeping your upper arm still, straighten your arm behind you until your entire arm is parallel to the floor and one end of the dumbbell points toward the floor. \n\n

8)Slowly bend your arm to lower the weight. \n\n

9)After you complete the set, repeat the exercise with your left arm. \n\n

5)standing triceps barbell extension

 Grab a barbell and stand with it held over your head in both hands, hands almost touching and palms facing forwards. \n

 Bend your elbows to slowly lower the bar behind your head, keeping your upper arms stationary. \n

 One your elbows hit 90 degrees, pause, then return to the starting position by flexing your triceps.

6) skull crusher

1. Holding a preacher curl barbell with an overhand grip, carefully sit on a bench. Slowly lie back and bring the barbell above your head.
2. Keep the upper arms in place as you bend at the elbow and allow the forearms to slowly dip back towards your head.
3. Once the barbell reaches the bottom, pause and slowly push the barbell back to the starting position.
4. 7) Bench dips  
   Sit on the edge of the bench and grip the edge next to your hips. Your fingers should be pointed at your feet.
5. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair.
6. Lower yourself until your elbows are bent between 45 and 90 degrees.
7. Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.