

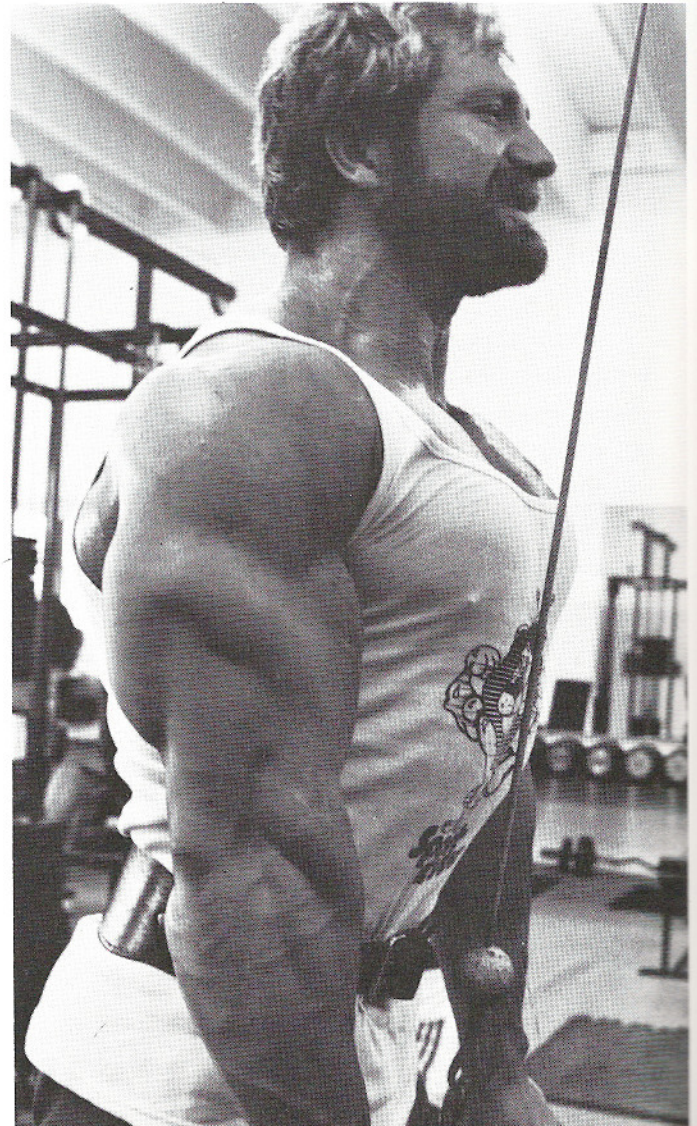
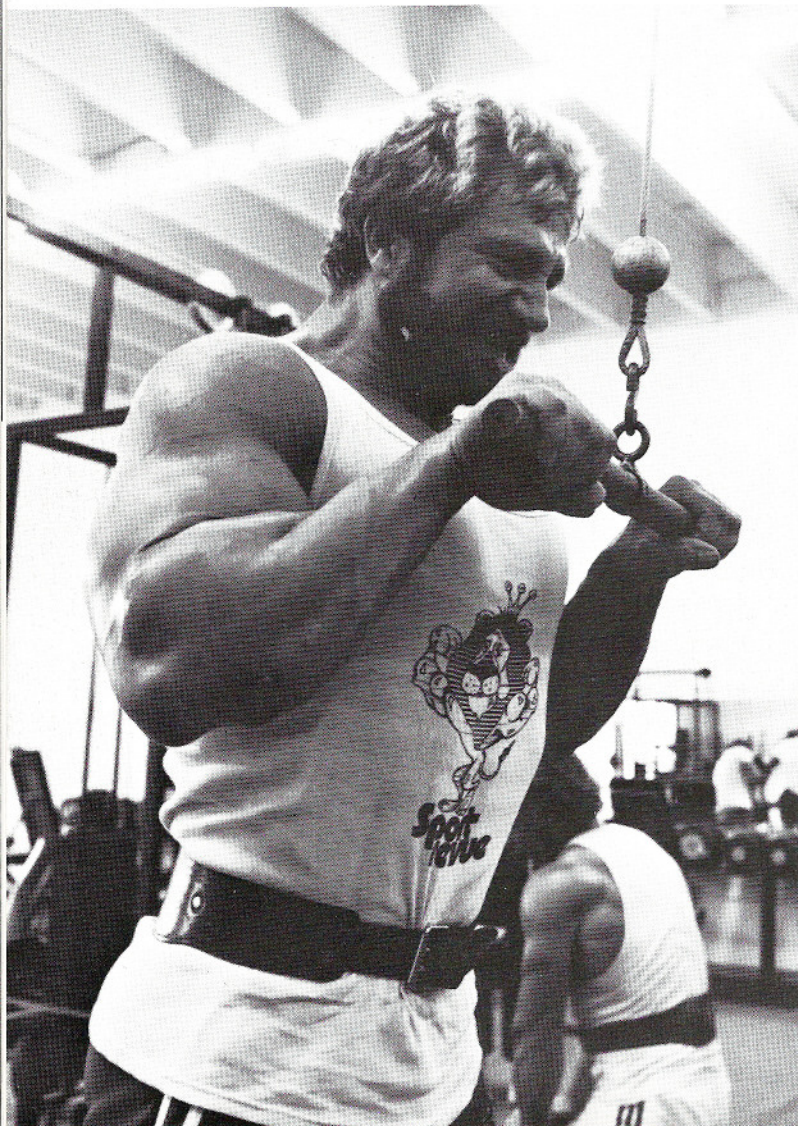
Arm Exercises—Triceps

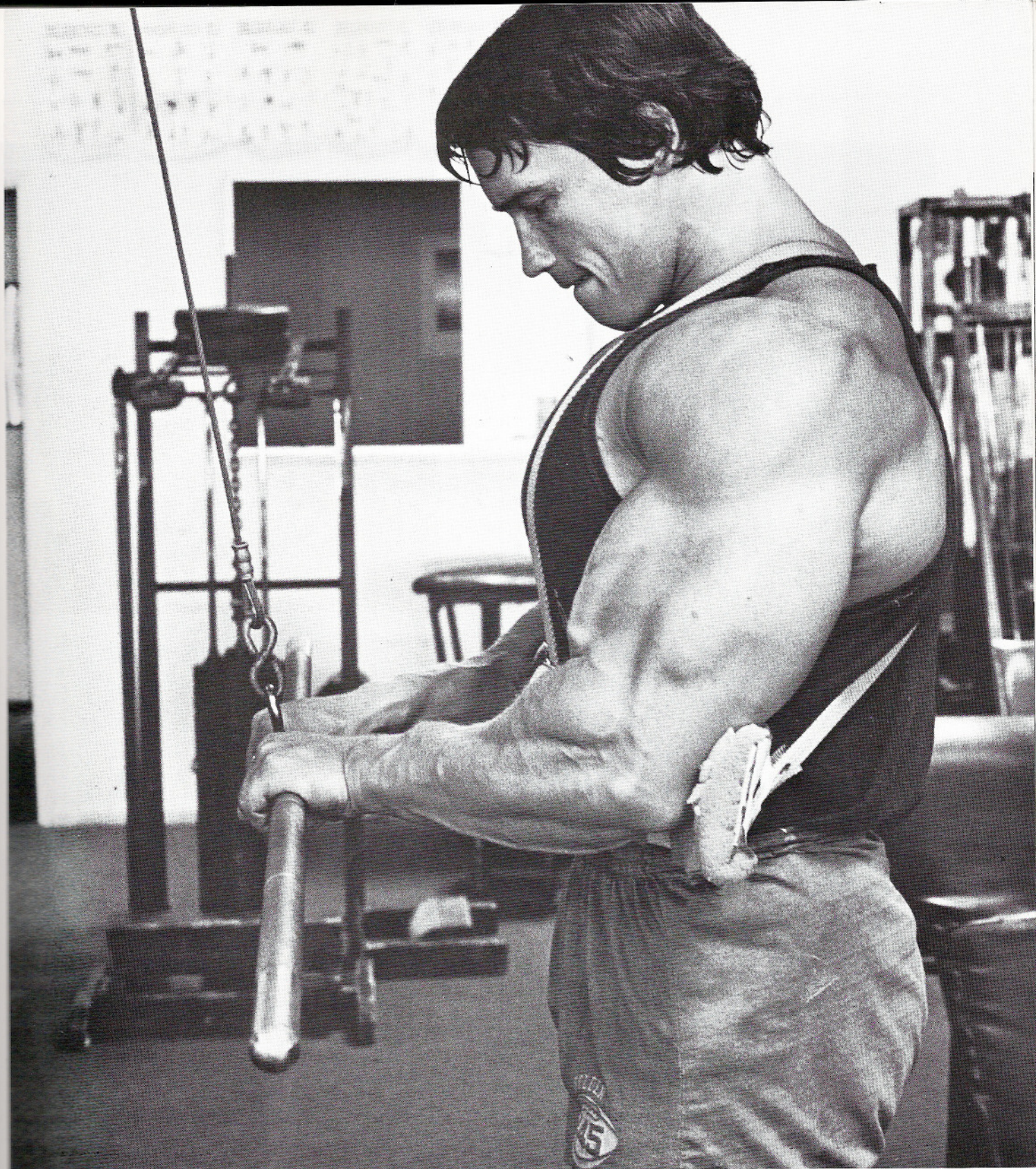
TRICEPS CABLE PRESSDOWNS (OR LAT MACHINE PRESSDOWNS)

PURPOSE OF EXERCISE: To work the triceps through a full range of motion.

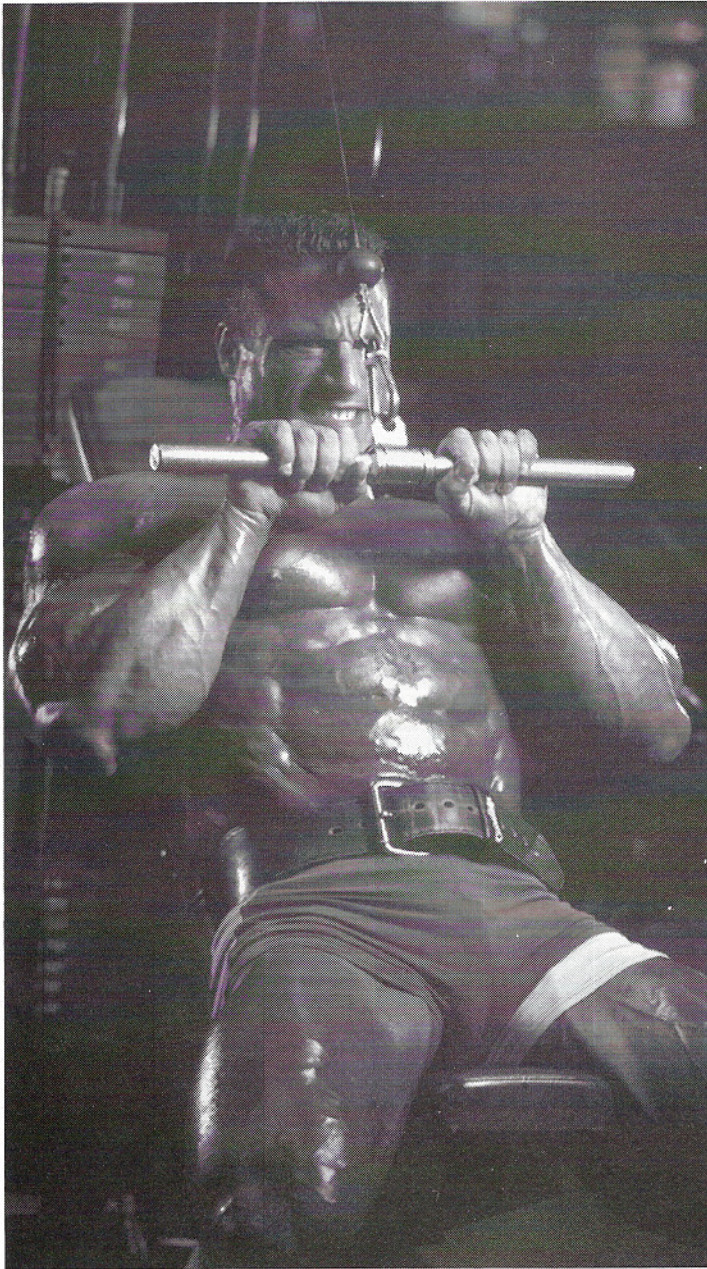
EXECUTION: (1) Hook a short bar to an overhead cable and pulley, stand close to the bar and grasp it with an overhand grip, hands about 10 inches apart. Keep your elbows locked in close to your body and stationary. Keep your whole body steady—don't lean forward to press down with your body weight. (2) Press the bar down as far as possible, locking out your arms and feeling the triceps contract fully. Release and let the bar come up as far as possible without moving your elbows. For variety, you can vary your grip, the type of bar you use, how close you stand to the bar, or the width between your hands; or you can do a three-quarter movement, going from all the way up to three-quarters of the way down in order to work the lower triceps more directly.

Jusup Wilkosz





Arm Blaster Pressdowns . . . I frequently did Pressdowns using an Arm Blaster to keep the elbows from moving and to create a superstrict movement.



Mike Matarazzo

When doing Pressdowns with an incline board, you force the triceps to work at an unfamiliar angle, and you can't cheat.





Changing from an overhand to a reverse grip will change the feel—and muscle recruitment.

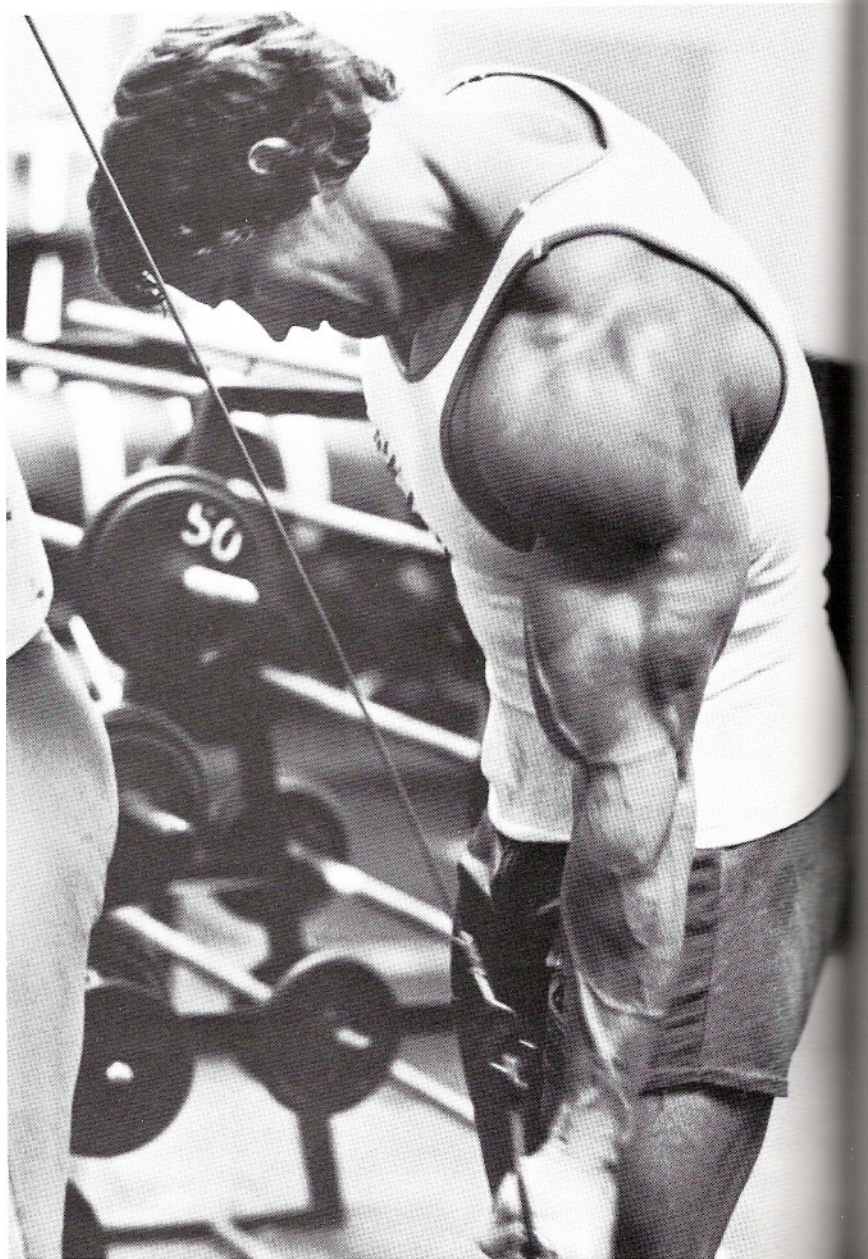


ONE-ARM CABLE REVERSE PRESSDOWNS

PURPOSE OF EXERCISE: To isolate the triceps and develop the horseshoe shape of the muscle.

This exercise is especially good for contest or weak point training because by using a cable you can work each arm separately in isolation.

EXECUTION: (1) Using an overhead cable and pulley, take hold of the handle with a reverse grip, palm up. (2) Keeping your elbow fixed and unmoving, straighten your arm until it is locked out and extended straight down. Flex the triceps in this position for extra contraction. Still not moving the elbow, let your hand come up as far as possible until the forearm approaches the biceps, feeling a complete stretch in the triceps. Finish your repetitions, then repeat with the other arm.

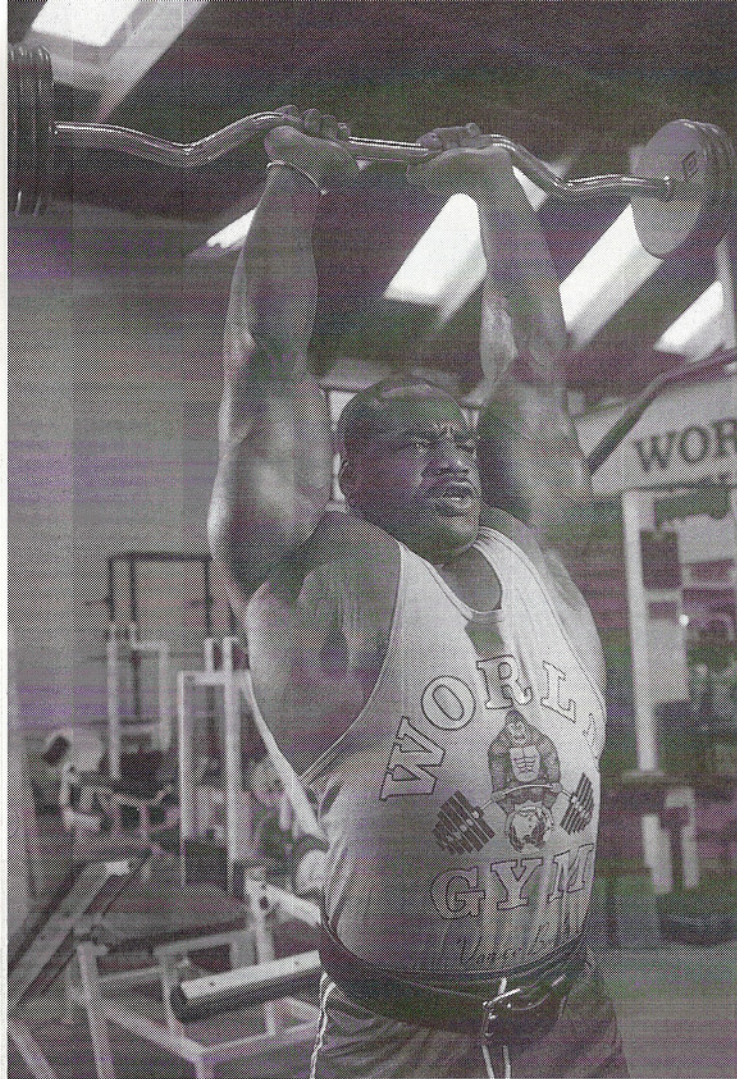


SEATED TRICEPS PRESSES

PURPOSE OF EXERCISE: To hit all three triceps heads, especially the long head.

EXECUTION: Grasp a barbell with an overhand grip, hands close together. (1) Sit on a bench and raise the bar straight up overhead, arms locked out. (2) Keeping your elbows stationary and close to your head, lower the weight down in an arc behind your head until your triceps are as stretched as possible. Only the forearms should move in this exercise. From this position, using only your triceps, press the weight back up overhead to full extension. Lock your arms out and flex your triceps. You might prefer doing this exercise using an E-Z curl bar or on an incline bench.





STANDING TRICEPS PRESSES

PURPOSE OF EXERCISE: To develop the full sweep of the triceps.

Doing this movement gives your triceps a full look to complement the biceps when doing a double-biceps pose. Performing Triceps Presses standing instead of seated allows you to do a cheating movement and thus use more weight. This exercise can also be done with a cable and rope through a floor-level pulley, which puts greater emphasis on the long head of the triceps.

EXECUTION: (1) Grip a straight or E-Z curl bar with an overhand grip, hands about 10 inches apart. Stand upright and hold the bar extended straight overhead. (2) Keeping your elbows stationary and close to your head, lower the weight down behind your head as far as possible, then press it back up to the starting position through a semicircular arc.

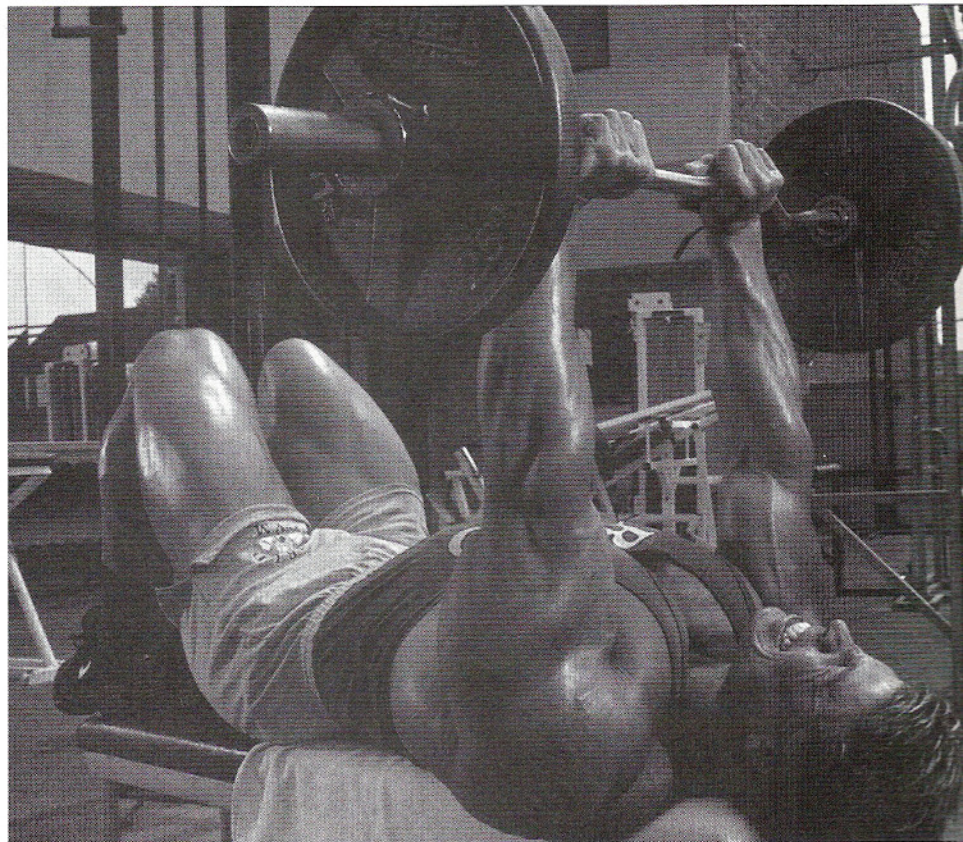
Chris Cormier



LYING TRICEPS EXTENSIONS

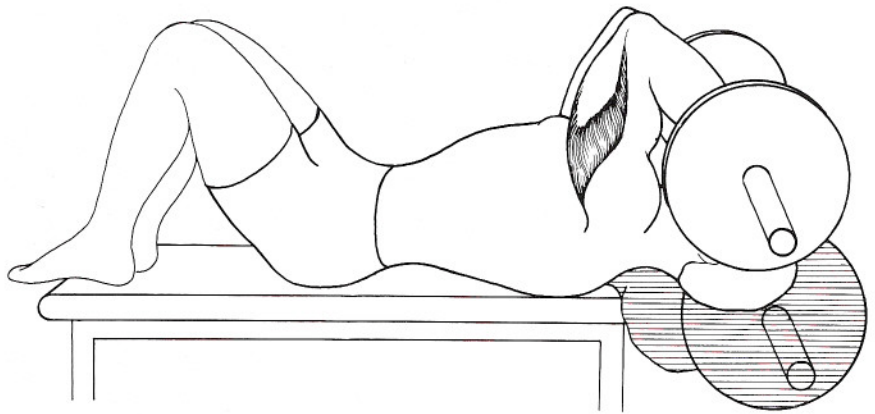
PURPOSE OF EXERCISE: To work the triceps all the way from the elbow down to the lats.

EXECUTION: (1) Lie along a bench, your head just off the end with knees bent and feet flat on the bench. Take hold of a barbell (preferably an E-Z curl bar) with an overhand grip, hands about 10 inches apart. (2) Press the weight up until your arms are locked out, but not straight up over your face. Instead, the weight should be back behind the top of your head, with your triceps doing the work of holding it there. Keeping your elbows stationary, lower the weight down past your forehead, then press it back up to the starting position, stopping short of the vertical to keep the triceps under constant tension. Keep control of the weight at all times in this movement to avoid banging yourself on the head with the bar. When you can't do another rep, you can still force the triceps to keep working by repping out with some Close-Grip Presses.

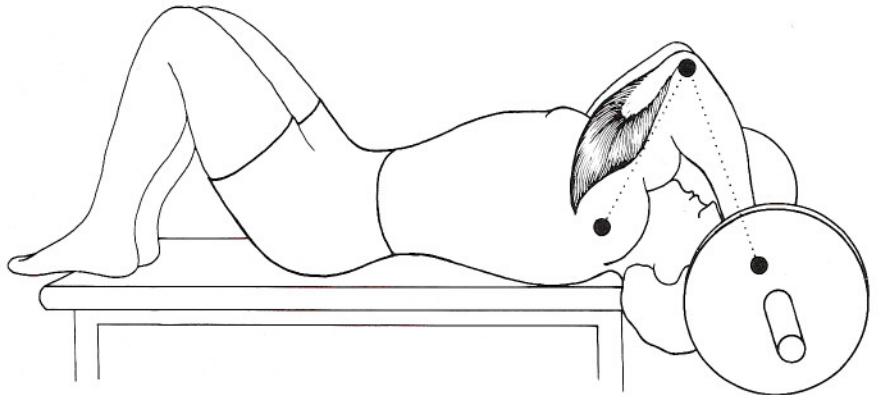


This photograph shows the arms perpendicular to the body at finish position; for maximum contraction they should be at a forty-five degree angle.
(Roland Kickinger)

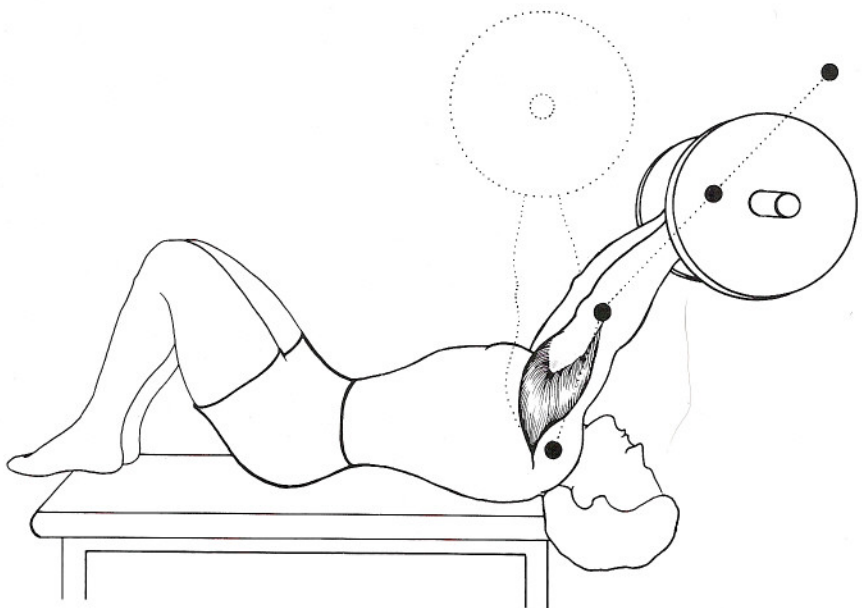
If you keep your head up as you do a Lying Triceps Extension, you will not be able to lower the bar far enough to stretch the triceps completely.



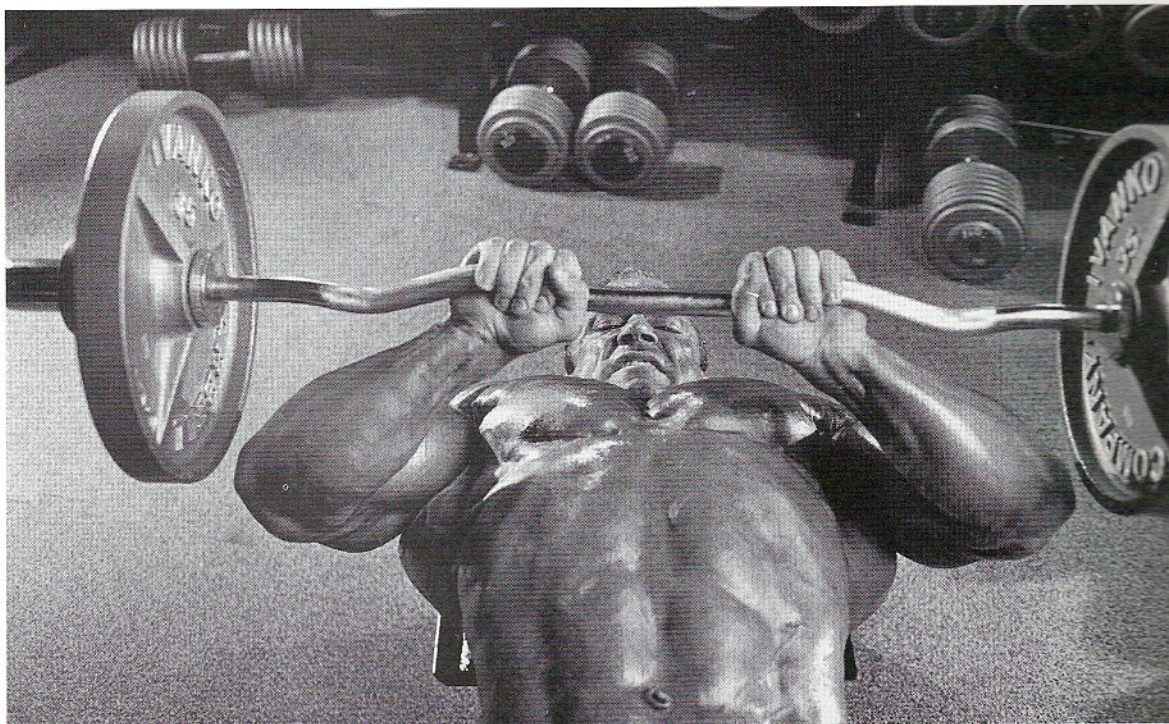
Letting your head drop slightly over the end of the bench gives you room to lower the bar far enough to get full extension of the triceps.



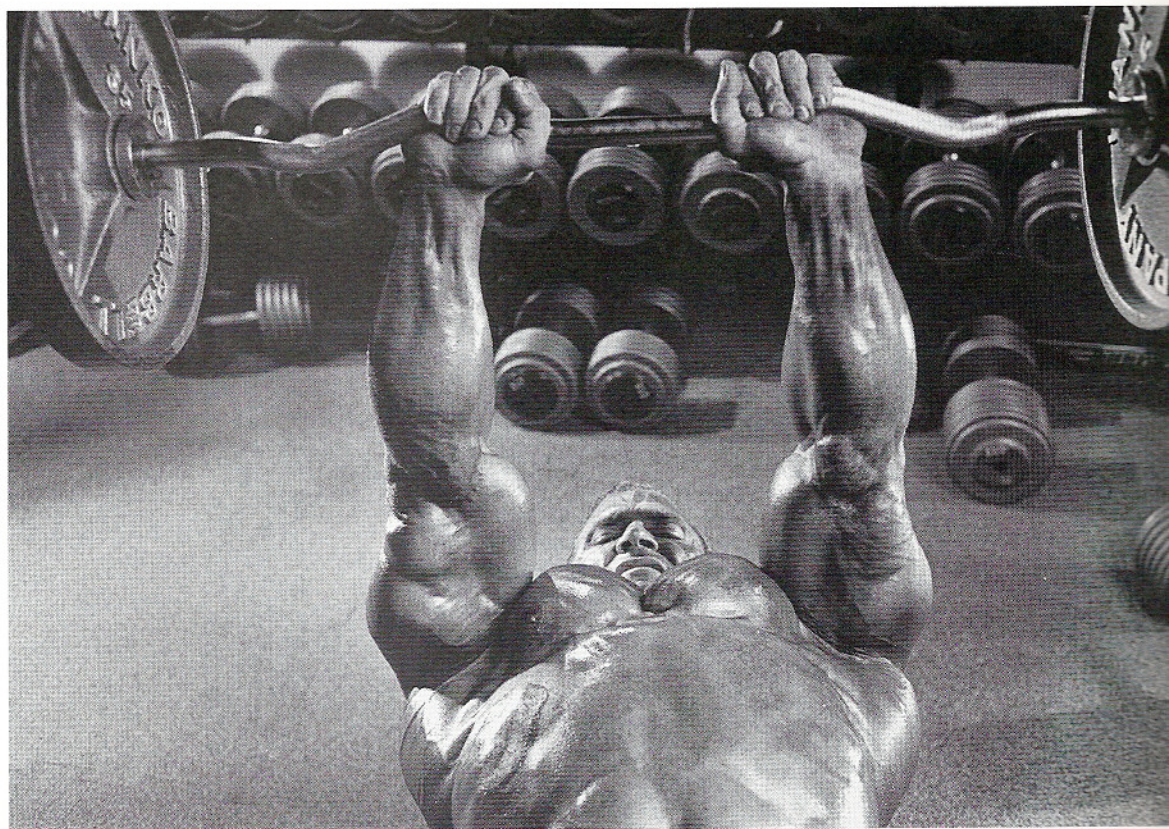
A common mistake when doing Lying Triceps Extensions is to lift the weight up so that you hold it straight overhead, which means the bones and joints are doing the work rather than the triceps. This illustration shows the right way to do it—positioning yourself so that your arms are still at an angle when you lock out. This angle ensures that the triceps can't rest on top but still have to fight gravity to support the weight.



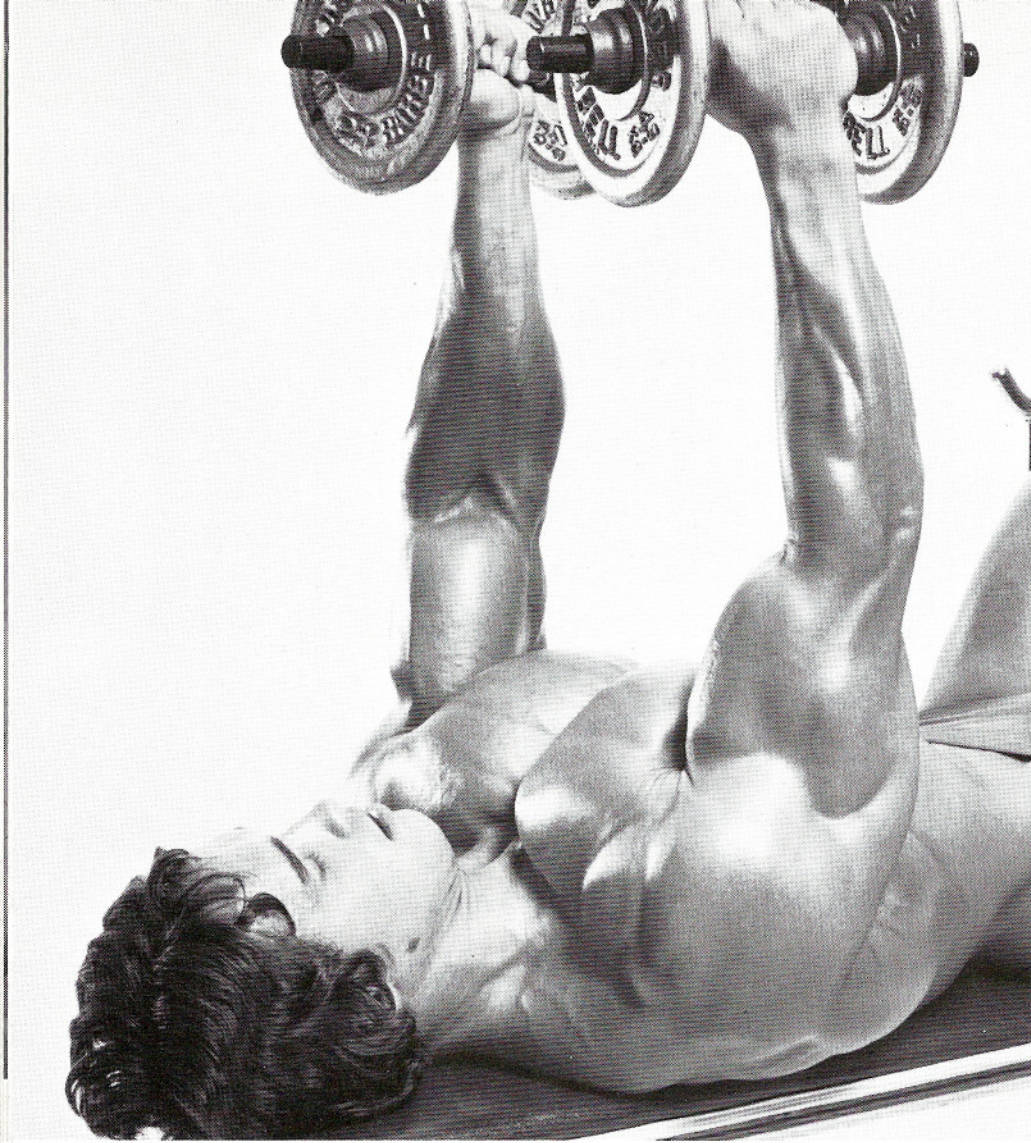
*Close-Grip Presses—
starting position*



*Close-Grip Presses—
ending*



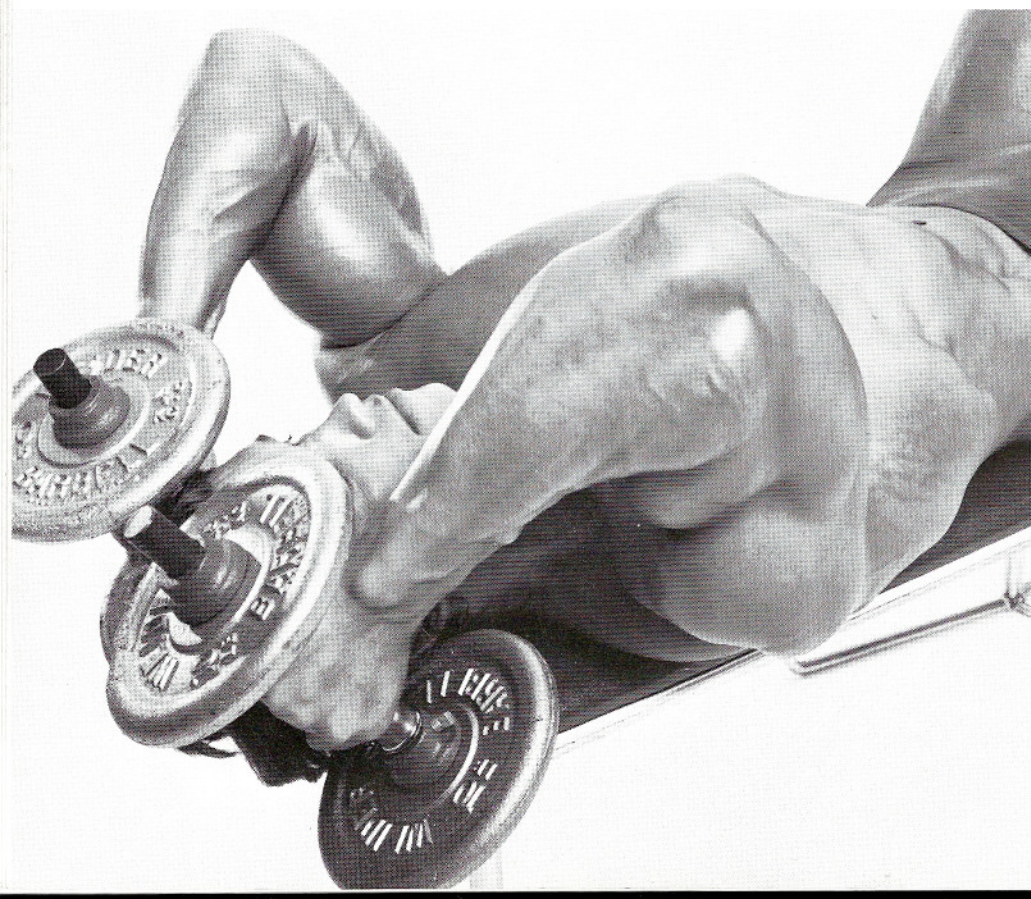
Mike Francois



LYING DUMBBELL EXTENSIONS

PURPOSE OF EXERCISE: To work the triceps.

EXECUTION: (1) Lie on a bench, head even with the end, knees bent, feet flat on the bench. Hold one dumbbell in each hand overhead, arms straight, palms facing each other. (2) Hold your elbows stationary and lower the dumbbells down on either side of your head until your triceps are fully stretched and the weights almost touch your shoulders. Press them back up through a sweeping arc, but lock your elbows out before your arms are pointed straight up overhead and flex your triceps.





LYING CROSS FACE TRICEPS EXTENSIONS (OPTIONAL)

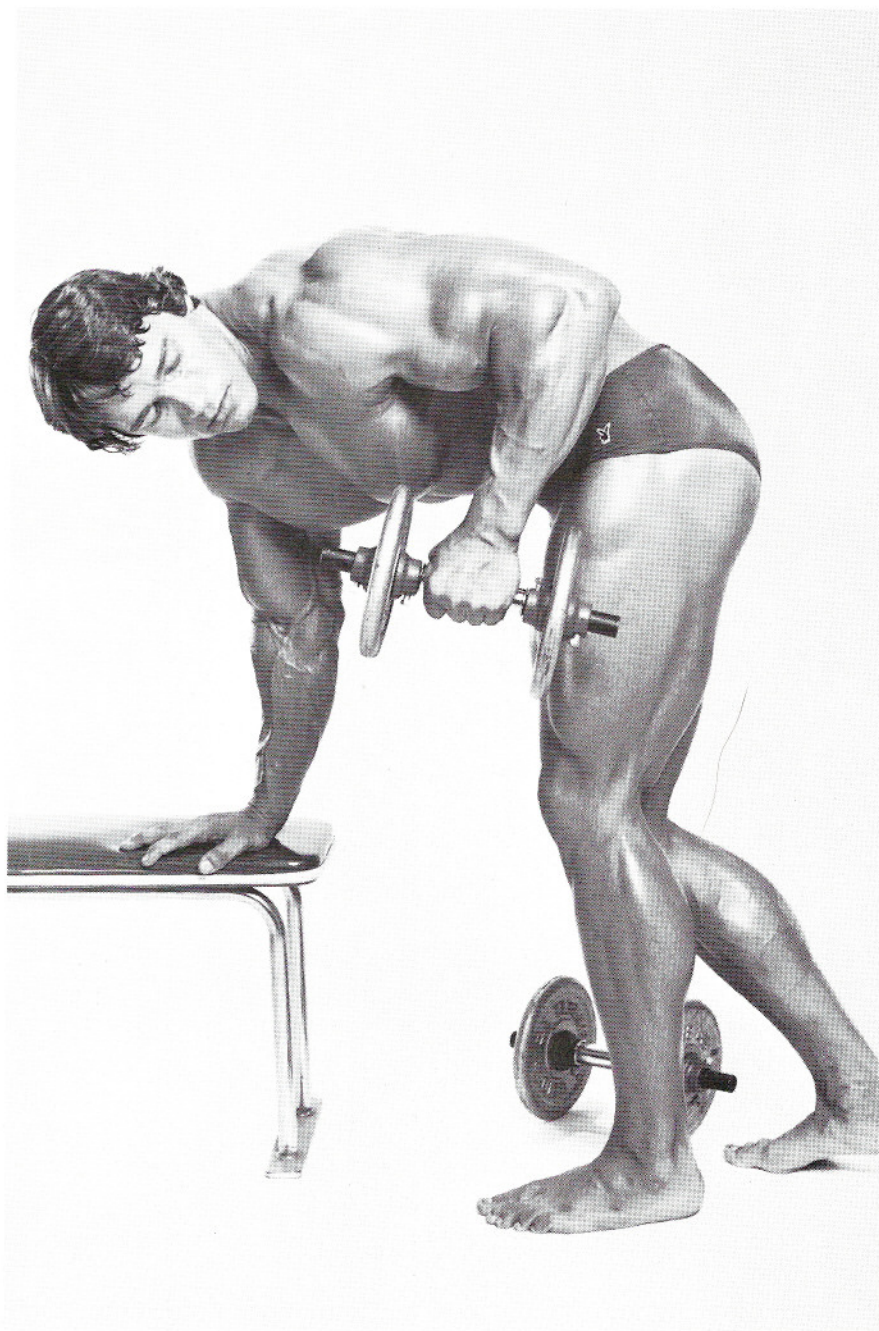
Lying Dumbbell Extensions also can be done with one dumbbell at a time by bringing the dumbbell across your body to the opposite shoulder. When you finish your reps with one arm, repeat with the opposite one. Changing the angle changes the feel in your triceps.



DUMBBELL KICKBACKS

PURPOSE OF EXERCISE: To develop the triceps, especially the upper area.

EXECUTION: (1) Stand with knees bent, one foot in front of the other, putting one hand on a low bench for balance. Take a dumbbell in the opposite hand, bend your arm and raise your elbow back and up to about shoulder height, elbow close to your side and letting the dumbbell hang



straight down below it. (2) Keeping your elbow stationary, press the weight back until your forearm is about parallel to the floor. Hold here for a moment and give the triceps an extra flex, then slowly come back to the starting position. For added triceps development, twist your hand slightly as you lift the weight, bringing the thumb up, and twist back the other way as you come down. Finish your set, then repeat the movement using the other arm. Make sure that only your forearm moves in this exercise, not the upper arm. This exercise can also be done with cable pulleys.

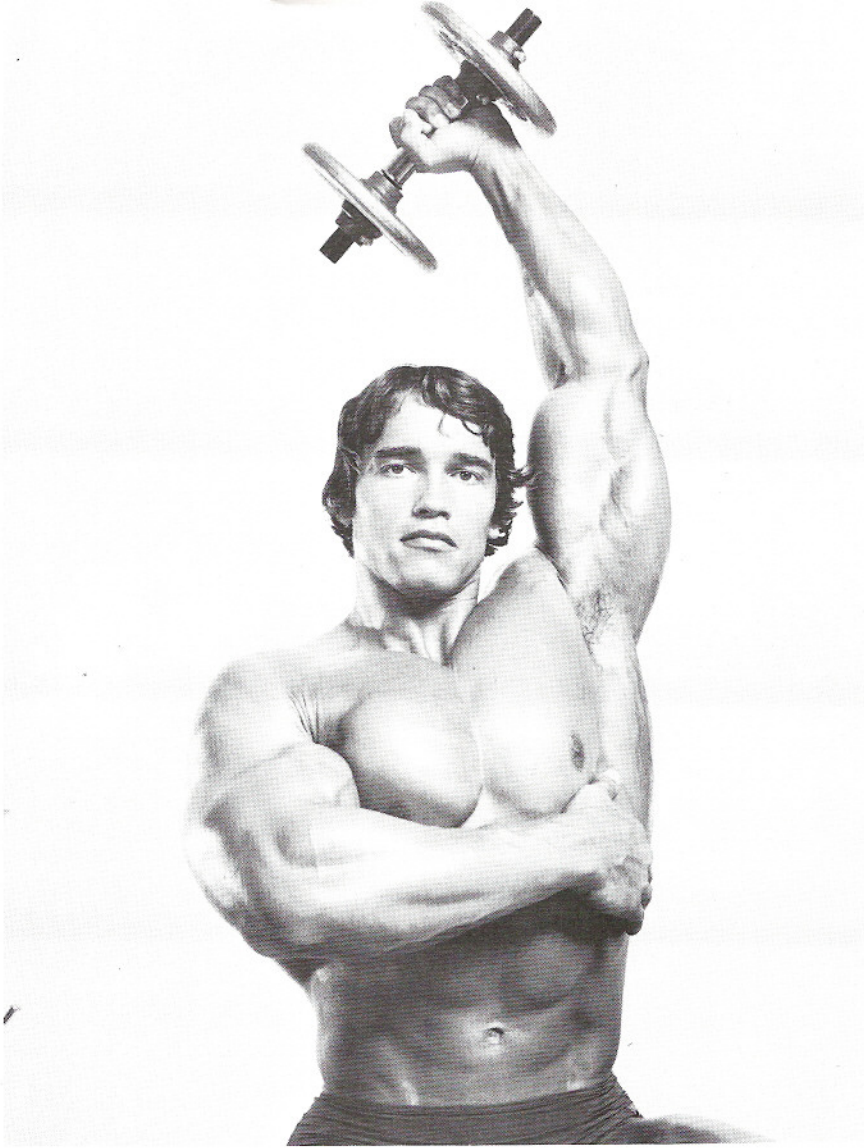


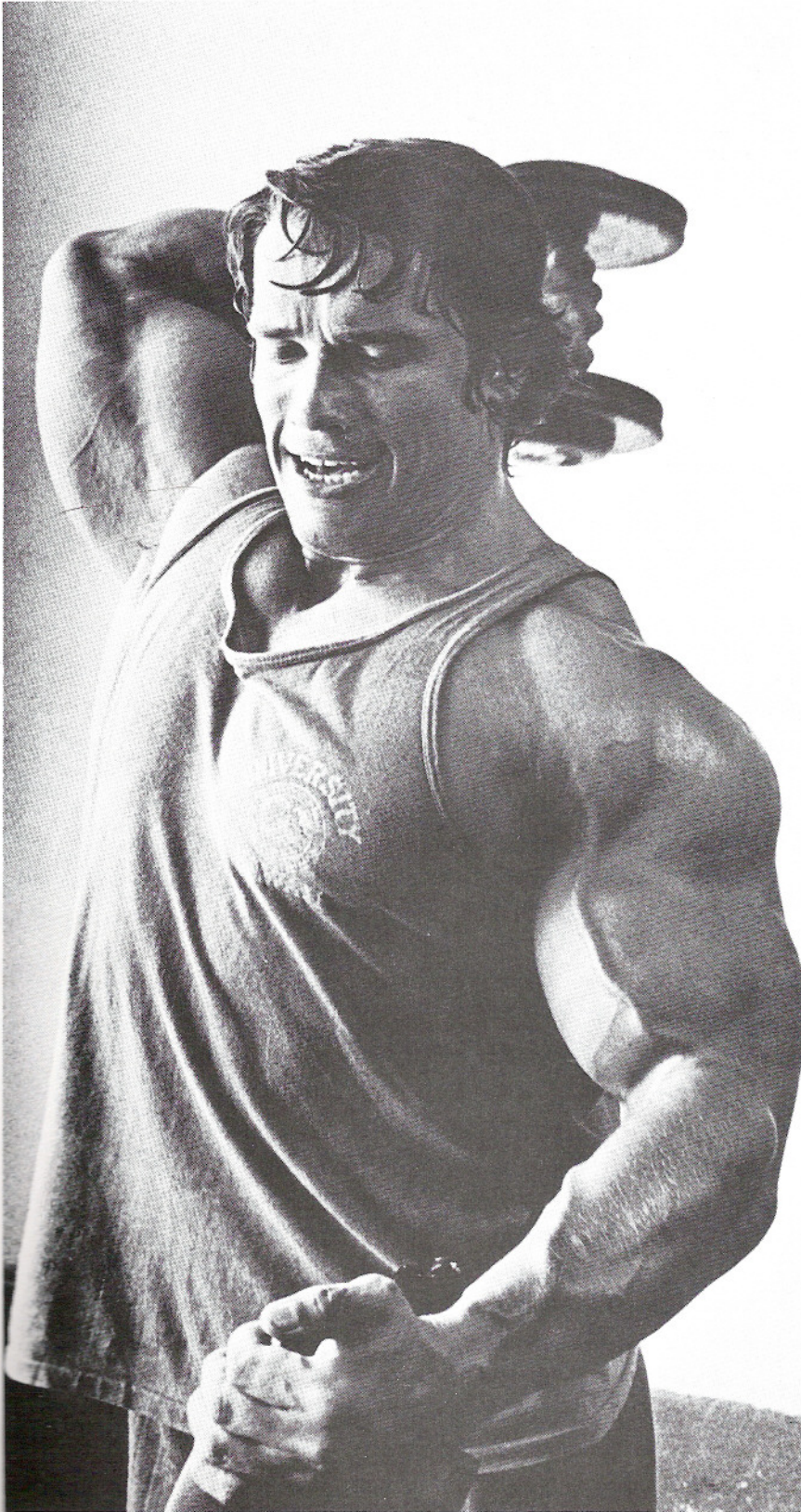
ONE-ARM TRICEPS EXTENSIONS

PURPOSE OF EXERCISE: To work the entire triceps and separate the three triceps heads.

EXECUTION: (1) Sitting on a bench, take a dumbbell in one hand and hold it extended overhead. (2) Keeping your elbow stationary and close to your head, lower the dumbbell down in an arc behind your head (not behind the shoulder) as far as you can. Feel the triceps stretch to their fullest, then press the weight back up to the starting position. It is essential to do this as strictly as possible. Looking in the mirror helps you check your form. Finish your set, then repeat the movement with the other arm. Be sure to go back and forth from one hand to the other without stopping to rest in between.

VARIATION: Various machines allow you to do Triceps Extensions with one arm at a time or both together, and many give the opportunity to work the full range of motion of the triceps under constant resistance. Use these machines for variety in your workout or to allow your training partner to help you with forced reps and forced negatives when you feel like working extra heavy.





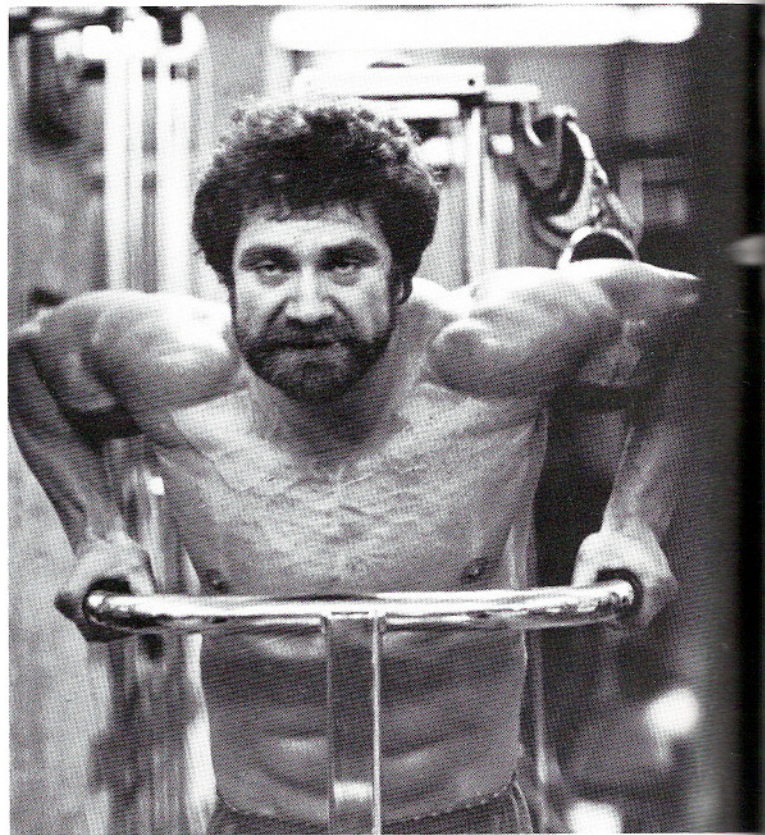
One-Arm Triceps Extensions can also be done standing up—just balance yourself by holding on to something with your free hand.

DIPS

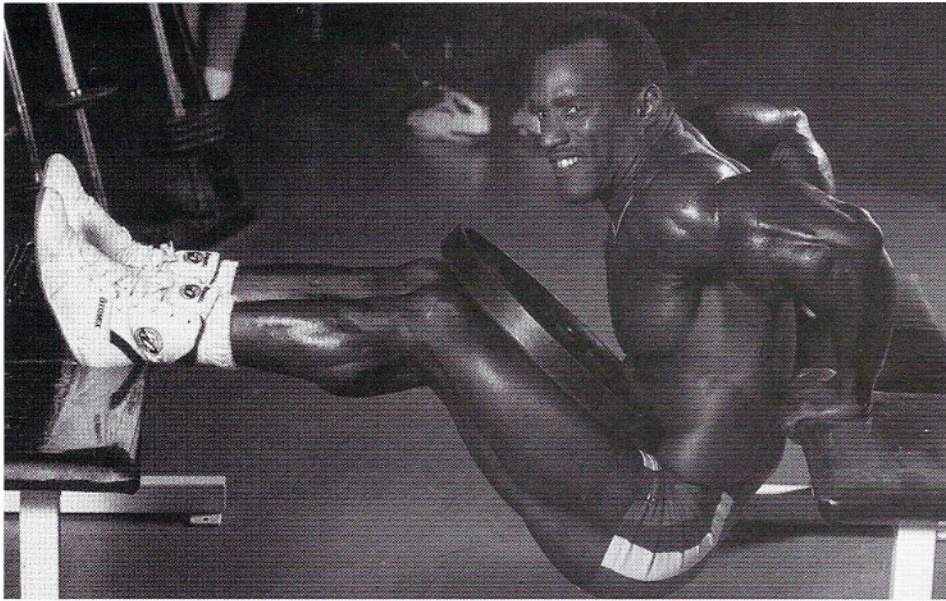
PURPOSE OF EXERCISE: To develop the thickness of the triceps, especially around the elbow.

Dips are often thought of as a chest exercise, but they can be done in such a way as to hit the triceps really hard as well.

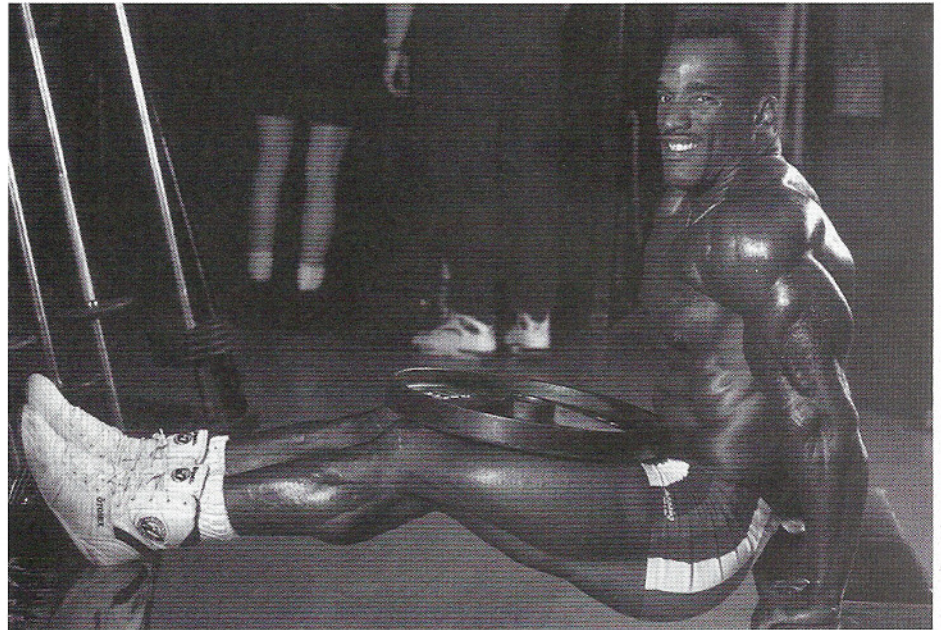
EXECUTION: (1) Taking hold of the parallel bars, raise yourself up and lock out your arms. (2) As you bend your elbows and lower yourself between the bars, try to stay as upright as possible—the more you lean back, the more you work the triceps; the more you bend forward, the more you work the pectorals. From the bottom of the movement, press yourself back up until your arms are locked out, then give an extra flex of the triceps to increase the contraction. You can also increase the effort involved in this exercise by using a weight hooked around your waist and by coming up only about three-quarters of the way rather than locking out the movement and taking the tension off the triceps.



Jusup Wilkosz



Darrem Charles

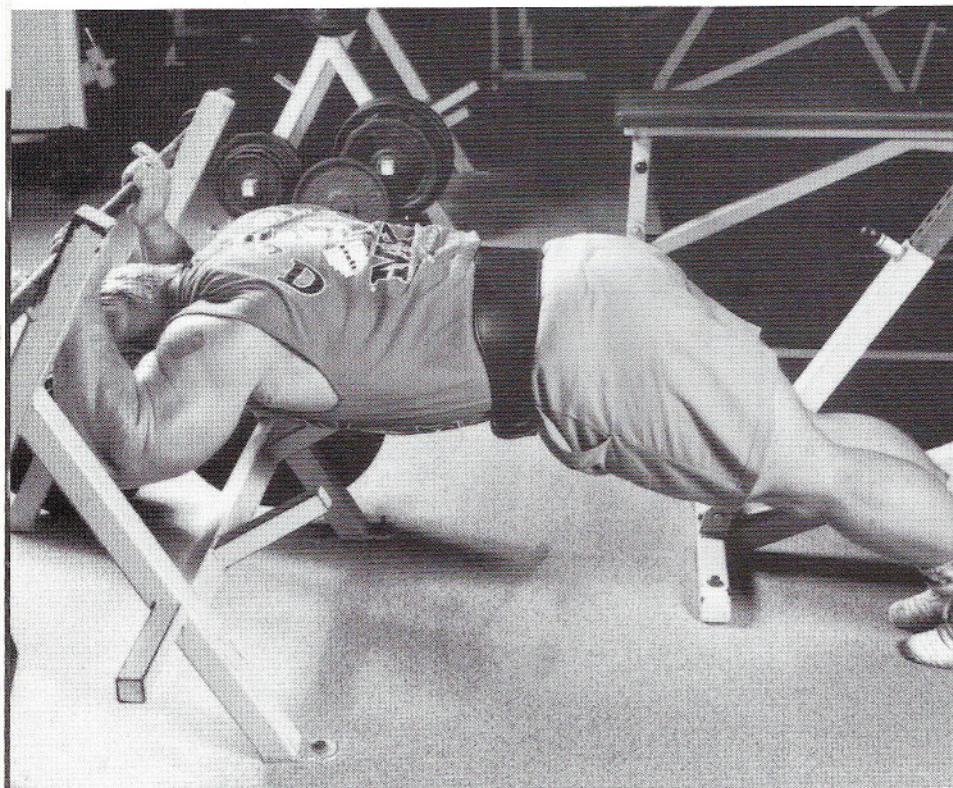
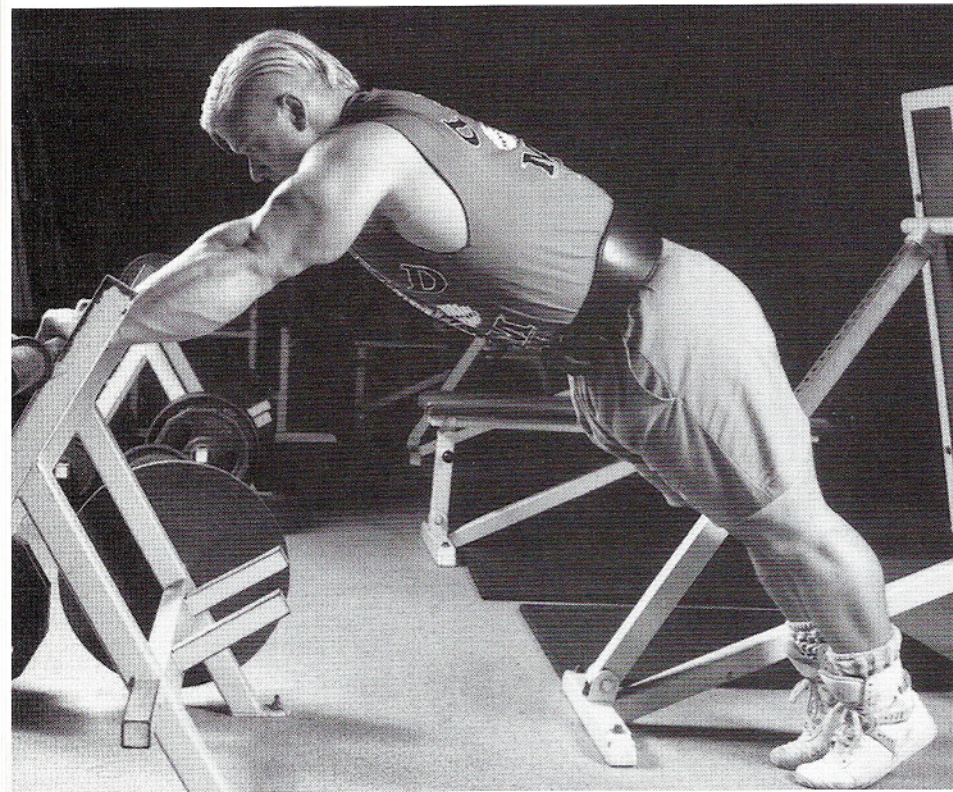


DIPS BEHIND BACK

PURPOSE OF EXERCISE: To develop the thickness of the triceps.

This movement is also known as Bench Dips, or Reverse Push-Ups.

EXECUTION: (1) Place a bench or bar behind your back and hold on to the bench at its edge, hands about shoulder width apart. Place your heels on a bar or another bench, preferably at a level higher than the bench you are holding on to. Bending your elbows, lower your body as far as you can toward the floor. (2) Then push back up, locking out your arms to work the upper triceps. To work the lower triceps, stop just short of locking out. If your own body weight is not enough, try doing the movement by having a training partner place a plate on your lap.



FIXED BAR TRICEPS EXTENSIONS

PURPOSE OF EXERCISE: To fully stretch and develop the triceps.

Using this movement, you can completely stretch the triceps more safely than with any other exercise.

EXECUTION: (1) Using a fixed horizontal bar positioned at about waist height, grasp the bar with an overhand grip, hands about shoulder width apart. Lock your arms out to support your weight, then move your feet back until you are in a semi-Push-Up position above the bar. (2) Bend your arms and lower your body so that your head comes down below and under the bar as far as possible. When you feel the maximum stretch in your triceps, press forward with your arms and raise yourself back to the starting position, arms locked out.

Lee Priest