

"Choose 3 Exercises" Just do 3 exercises!

Triceps

BACK of ARMS

①

Kickbacks

Variations:
One arm at a time
With cables or
Resistance Bands

Hold chosen resistance in hands and bend over until torso is parallel to the floor, abs in tight and legs bent to take the strain off the lower back. If this hurts your back you can raise your torso or prop one foot on a step or platform and support your body while doing one arm at a time.

Bend elbows and pull them even with back. Straighten arms behind you, squeezing the triceps and slowly lower back down.



START → Bent over
arms at sides

Finish → Kick arms
back. Hold
for 2 seconds
for 2 seconds
behind butt

4

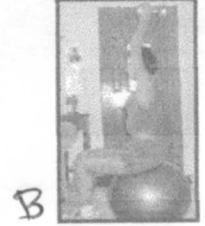
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Tricep Extension

Extension

Variations:
One arm at a time
Holding plate or
medicine ball
Standing
Tricep Extension
Machine

Sit on chair, ball or bench (or stand) and hold a dumbbell with both hands, elbows bent to no lower than 90 degrees, weight directly behind your head and elbows close to ears. Without moving the elbows, straighten arms straight up over head, squeezing the triceps. Control the weight and keep your abs tight to support your back.



Tricep Dip

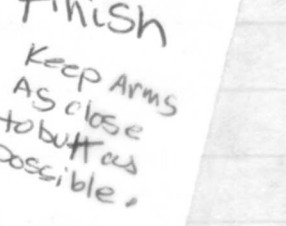
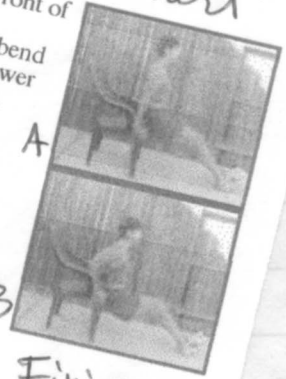
④

Start
1 weight
behind
head

Finish
Raise
1 weight
Above
Head

"Keep legs straight!"
These are like pushups for your triceps. They are very difficult and you can easily twerk your shoulder if you're not careful. Start by sitting on a chair with hands right next to hips. Bring hips in front of chair (almost touching) and bend elbows to no lower than 90 degrees. Push back up without locking elbows.

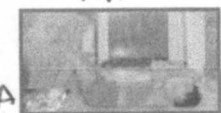
Dip your weight below seat of chair



Tricep Press (a.k.a. Skull Crushers)

Variations:
Dumbbells
Resistance Bands/
cables

Lie face up on floor or bench and hold barbell (or whatever you've chosen) with hands shoulder-width apart, elbows bent to no lower than 90 degrees. Without moving the elbows, straighten arms straight up over head, squeezing the triceps. Control the weight as you lower back down (don't hit yourself in the head!) and keep your abs tight so your back doesn't arch.



finish

Start → weights in front of face
Finish → weights over chest

Protect your shoulders by keeping them level and bringing your feet in closer for support. If you have wrist problems (like carpal tunnel) you should probably skip this exercise. Make it out further or propping feet on another chair.

Finish
Keep arms as close to butt as possible.