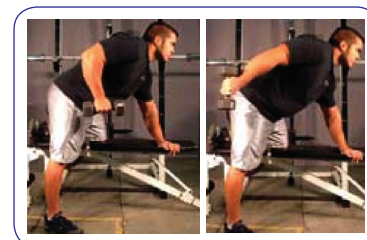
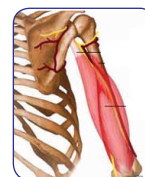


Triceps

TRICEP EXTENSION

Keep your abdominal muscles tight and your back straight during the tricep extension; this will help you to stay in the correct position and so maximise the effectiveness of the exercise.

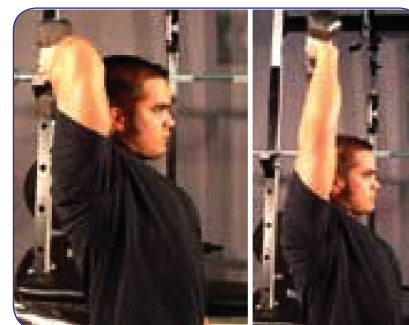
- Rest your left hand and knee on a bench, and keep your right foot on the floor. With a weight in your right hand, lift your elbow so that it is at 90° and the upper arm is parallel to the floor
- Hold the elbow position and straighten your arm while flexing the tricep. Slowly return to the start position. Take 4-5 seconds to complete the entire movement



TRICEP OVERHEAD

This exercise is an alternative to the tricep extension. You can perform it standing, but sitting upright on a bench will keep your body steady, which can help improve technique.

- Sit upright on a bench with back straight and feet flat on the floor. Hold the dumbbell behind your head so that your elbow is level with your head
- Extend your arm, keeping your elbow close to your head and taking care not to let your elbow 'drift' out of position. Keep your abdominals tight to prevent straining the neck. Slowly return to the starting position



PUSH DOWN (THUMBS IN)

This is one of the most effective exercises for toning and shaping the upper area of the tricep. The muscle has to work during the upward and downward phases of the exercises. Use a bar attachment on the cable machine

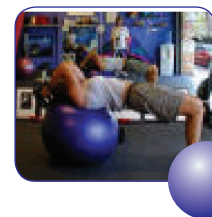
- Stand facing the cable machine with feet hip-width apart. Hold the bar with thumbs pointing in and elbows tucked in
- Push the bar down until your arms are straight. Move only the lower part of your arms. Count 2 seconds down and 2 seconds up



FRENCH PRESS

This is one of the most difficult tricep exercises because the muscle is elongated in the start position and is therefore forced to work harder.

- Lie on your back on bench, feet flat on the floor. Pointing your elbows at the ceiling, bend your arms at 90°, and hold the weights by your head
- Slowly extend your arms until they are nearly straight and the weights are above your head. Move only the lower arms, and take care not to arch your back



For advice on any of the exercises mentioned in this article please ask one of the Team.

