

TRICEP WORKOUT

*For each Exercise pictured, allow 90 SECONDS REST
BETWEEN SETS*

**TRICEP PUSHDOWN - 2 SETS, 12
REPS**



- 1.) GRIP ANGLED BAR, HAND 4 INCHES APART
- 2.) KEEP ELBOWS TUCKED INTO SIDES OF BODY
- 3.) PRESS ARMS DOWNWARDS EXTENDING ELBOWS
- 4) PAUSE IN LOWER POSITION, LOWER WEIGHT UNTIL ELBOWS ARE AT 90°
- 5.) KNESS BENT, BACK STRAIGHT
- 6.) DO NOT MOVE ELBOWS THROUGHOUT MOVEMENT.

- 1.) GRIP
KNOTTED
ROPE, HANDS 4
INCHES APART
- 2.) KEEP
ELBOWS
TUCKED INTO
SIDES OF BODY
- 3.) PRESS
ARMS
DOWNWARDS
EXTENDING
ELBOWS
- 4.) PAUSE IN
LOWER
POSITION,
LOWER
WEIGHT UNTIL
ELBOWS ARE
90°
- 5.) KNEES
BENT, BACK
STRAIGHT
- 6.) DO NOT
MOVE ELBOWS
THROUGHOUT

*TRICEP PUSHDOWN ROPES - 2 SETS,
12 REPS*



*REVERSE GRIP TRICEP
PUSHDOWNS - 2 SETS, 12 REPS*

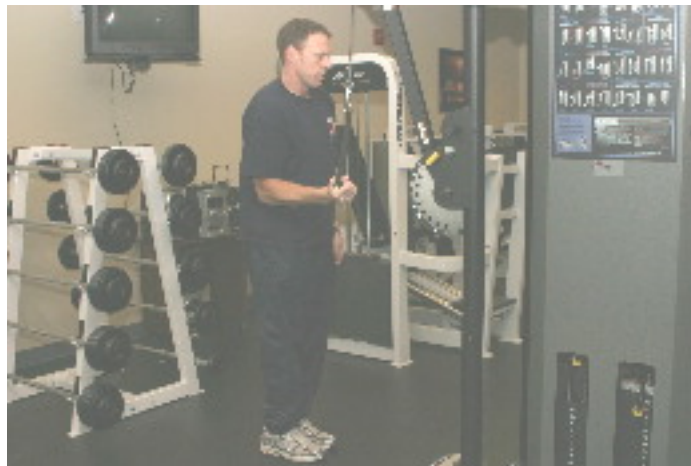


- 1.) WIDE GRIP
ON BAR
- 2.) PALMS
FACING UP
- 3.) ELBOWS
TUCKED INTO
SIDES OF
BODY
- 4.) PRESS
ARMS
DOWNWARD
EXTENDING
ELBOWS
- 5.) PAUSE IN
LOWER
POSITION

6.) LOWER WEIGHTS UNTIL ELBOWS ARE 90°
7.) KNEES SLIGHTLY BENT, BACK STRAIGHT
8.) DO NOT MOVE ELBOWS THROUGHOUT MOVEMENT.

1.) GRIP HANDLE OF HIGH PULLEY MACHINE IN ONE HAND
2.) PLACE OPPOSITE HAND OVER THE WRIST OF WORKING ARM
3.) EXTEND ARM, PRESS DOWNWARDS TOWARDS THIGH
4.) PAUSE, BEND ARM TO 90°
5.) KNEES SLIGHTLY BENT, BACK STRAIGHT
6.) DO NOT MOVE ELBOWS THROUGHOUT MOVEMENT.

*SINGLE ARM REVERSE GRIP TRICEP
PUSHDOWNS - 2 SETS 12 REPS*



DUMBBELL TRICEP PUSHDOWNS - 2 SETS, 12 REPS



- 1.) GRIP SINGLE DUMBBELL WITH BOTH HANDS
- 2.) STRIDE POSTION ACROSS GYM BENCH
- 3.) SIT TALL, KEEP BACK STRAIGHT
- 4.) STRAIGHTEN ARMS OVERHEAD
- 5.) BEND ELBOWS, ALLOWING DUMBBELL TO LOWER BETWEEN SHOULDER BLADES
- 6.) STRAIGHTEN ARMS INTO EXTENSION ONCE MORE

- 1.) POSITION- HALF-KNEELING ON BENCH
- 2.) LEFT HAND AND LEFT KNEE ON BENCH
- 3.) RIGHT FOOT FLAT ON FLOOR
- 4.) GRIP DUMBBELL IN RIGHT HAND
- 5.) EXTEND

TRICEP KICKBACK - 2 SETS, 12 REPS



ARM UNTIL
STRAIGHT
6.) LIFT
DUMBBELL
SLIGHTLY
ABOVE LOWER
CHEST
7.) PAUSE IN
HIGH POSITION,
RELEASE UNTIL
ARMS ARE AT
90°
8.) SWITCH
SIDES

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