

Tricep (bodyweight)

Bench Dip



Exercise Description:

Bench Dip

Classification:

Tricep (bodyweight)

Instructions:

- 1) Sit upright on bench and place hands hip width apart with fingers pointing forward. Place feet flat on opposite bench with legs straight.
- 2) Start position: Slide glutes off bench with elbows slightly bent.
- 3) Lower body by bending at elbows until elbows are at 90 degree angle.
- 4) Return to start position.

Dip



Exercise Description:

Dip

Classification:

Tricep (bodyweight)

Instructions:

1. Step up on foot platform (if available) and position hands on dip bars.
2. Start position: Remove feet from platforms and suspend the body with slightly bent elbows. Lean forward slightly so that your elbows are slightly past the plane of your back and knees slightly bent.
3. Lower your body until your upper arm is parallel to the floor.

4. Return to starting position by extending the elbows to a slightly bent position.
5. Remember to keep the trunk bent forward, head neutral, and chest up.

Standard Pushup



Exercise Description:

Standard Pushup

Classification:

Tricep (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Wide Pushups



Exercise Description:

Wide Pushups

Classification:

Tricep (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Fingertip Pushups



Exercise Description:

Fingertip Pushups

Classification:

Tricep (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor. You should be pushing just from your fingertips.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Diamond Pushups



Exercise Description:

Diamond Pushups

Classification:

Tricep (bodyweight)

Instructions:

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands in the center of your chest and form a diamond shape with your index fingers and thumbs. Feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

