

Triceps (free weights)

Close Grip Bench Press



Exercise Description:

Close Grip Bench Press

Classification:

Triceps (free weights)

Instructions:

- 1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor.
- 2) Position hands on bar shoulder width to slightly closer than shoulder width apart.
- 3) Start position: Lift bar off rack with bar directly over head.
- 4) Lower bar to chest at the mid to lower chest level keeping elbows pointing forward throughout movement.
- 5) Press bar up to starting position.
- 6) Remember to keep both feet flat on the floor at all times and keep the lower back in a neutral position. Hyperextension or arching of the back may cause injury. Never lock out elbows. Do not allow bar to bounce off chest.

Lying Barbell Extension



Exercise Description:

Lying Barbell Extension

Classification:

Triceps (free weights)

Instructions:

- 1) Sit in upright position on a flat bench. Grasp bar with shoulder or medium width with

overhand grip and rest it on thighs.

2) Start position: Lie onto back and bring the barbell to your chest. Press bar up so that bar is directly over upper chest.

3) Lower bar towards forehead by bending elbows to 90°. Elbows should remain pointing forward.

4) Return to start position.

5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

Seated Barbell Extension



Exercise Description:

Seated Barbell Extension

Classification:

Triceps (free weights)

Instructions:

1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.

2) Start position: Grasp bar shoulder or medium width apart with overhand grip (palms down). Press bar directly overhead (now palms are up).

3) Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.

4) Return to start position.

Remember to keep back and head straight - hyperextension or flexion may cause injury.

Bent Over Cable Extension



Exercise Description:

Bent Over Cable Extension

Classification:

Triceps (free weights)

Instructions:

- 1) Stand in an upright position. Grasp bar with shoulder or medium width with overhand grip.
- 2) Start position: Bend forward so your body is at a 45 degree angle.
- 3) Lower bar behind head by bending elbows to 90°. Elbows should remain pointing forward.
- 4) Return to start position with elbows extended
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

Bent Over Dumbbell Tricep Kickback**Exercise Description:**

Bent Over Dumbbell Tricep Kickback

Classification:

Triceps (free weights)

Instructions:

- 1) Stand with feet hip width and knees slightly bent.
- 2) Start position: Bend at hips with back straight and knees bent. Take one hand and place on stationary object that is approximately waist height to support upper body. Hold DB in other hand with a neutral grip (palms facing each other). Bend elbow at 90° and raise upper arm so that it is higher than the level of your back (as shown)
- 3) Keeping elbows close to body and raised, extend forearm back.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Stabilize shoulder throughout movement by squeezing shoulder blades together slightly.

Lying Dumbbell Tricep Extension

**Exercise Description:**

Lying Dumbbell Tricep Extension

Classification:

Triceps (free weights)

Instructions:

- 1) Sit in upright position on a flat bench. Grasp DB's rest it on corresponding thighs.
- 2) Start position: Lie onto back and bring the DB to your chest. Press DB up so that it is directly over upper chest.
- 3) Lower DB towards forehead by bending elbows to 90°. Elbows should remain pointing forward.
- 4) Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

Dumbbell Incline Tricep Extension**Exercise Description:**

Dumbbell Incline Tricep Extension

Classification:

Triceps (free weights)

Instructions:

- 1) Sit in upright position on a 45 degree bench.
- 2) Start position: Grasp DB and place palms on inner side of weight plate as shown. Press DB directly overhead (now palms are up).
- 3) Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.
- 4) Return to start position.

5) Remember to keep back and head straight - hyperextension or flexion may cause injury.

Seated Dumbbell One Arm Tricep Extension



Exercise Description:

Seated Dumbbell One Arm Tricep Extension

Classification:

Triceps (free weights)

Instructions:

1. Sit in upright position.
2. Start position: Grasp DB and place palms on inner side of weight plate as shown. Press DB directly overhead (now palms are up).
3. Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.
4. Return to start position.
5. Remember to keep back and head straight - hyperextension or flexion may cause injury.

Seated Dumbbell Tricep Overhead Extension



Exercise Description:

Seated Dumbbell Tricep Overhead Extension

Classification:

Triceps (free weights)

Instructions:

1. Sit in upright position.
2. Start position: Grasp DB and place palms on inner side of weight plate as shown.

Press DB directly overhead (now palms are up).

3. Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.

4. Return to start position.

5. Remember to keep back and head straight - hyperextension or flexion may cause injury.

Overhead tricep extension



Exercise Description:

Overhead tricep extension

Classification:

Triceps (free weights)

Instructions:

1) Sit on ball with feet shoulder width apart in upright position.

2) Start position: Grasp DB and place palms on inner side of weight plate as shown.

Press DB directly overhead (now palms are up).

3) Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.

4) Return to start position.

Supine tricep extension with kettleball



Exercise Description:

Supine tricep extension with kettleball

Classification:

Triceps (free weights)

Instructions:

1. Lie on your back and place the ball under your upper back.
2. Hold a kettleball in one or two hands above your head with your arms extended.
3. Bend your elbows so that the kettleball comes down towards your head.
4. Once your elbows are bent to about 90 degrees then extend your arm and return to the starting position.

Incline overhead tricep extension



Exercise Description:

Incline overhead tricep extension

Classification:

Triceps (free weights)

Instructions:

1. Lie on your back on the ball and drop your hips towards the floor.
2. Hold the dumbbells above your chest with your arms extended.
3. Proceed to bend your arms at the elbows until your elbow is bent to around 90 degrees.
4. Return to the starting position and repeat.
5. Try not to move your elbows or upper arm during this movement.

Lying Single Arm Tricep Extension



Exercise Description:

Lying Single Arm Tricep Extension

Classification:

Triceps (free weights)

Instructions:

1. Lie on your back with the ball under your upper back.
2. Holding one dumbbell above your head proceed to bend your elbow so that the

dumbbell comes across your body.

3. Once your elbow is bent to about 90 degrees return to the starting position and repeat.

Seated 1 Arm Overhead Tricep Extension



Exercise Description:

Seated 1 Arm Overhead Tricep Extension

Classification:

Triceps (free weights)

Instructions:

- 1) Sit in upright position.
- 2) Start position: Grasp DB with one hand as shown. Press DB directly overhead.
- 3) Stabilize shoulder and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbow pointing forward throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension or flexion may cause injury.

Volleyball spike with kettlebell



Exercise Description:

Volleyball spike with kettlebell

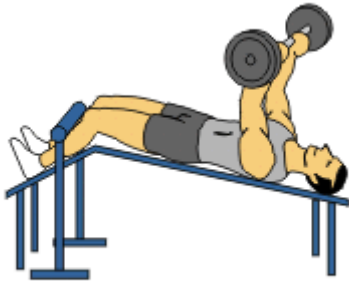
Classification:

Triceps (free weights)

Instructions:

1. Stand in a staggered stance and hold a kettlebell beside your head as if you are going to spike a volleyball.
2. Extend your arm and follow through as if you are hitting a volleyball.
3. Return to the starting position and repeat.

Decline Tricep Extension



Exercise Description:

Decline Tricep Extension

Classification:

Triceps (free weights)

Instructions:

1. Lie back on the decline board and hold a bar above your chest with your arms extended.
2. Bend your elbows so that the bar comes back towards your forehead.
3. Once the bar is close to your head or your elbows bend past 90 degrees then straighten your arms out and return to the starting position.
4. Repeat for the desired repetitions.

Supine Close Grip Bench Press



Exercise Description:

Supine Close Grip Bench Press

Classification:

Triceps (free weights)

Instructions:

1. Lie back on the bench and hold a bar above your chest with your arms extended.
2. Bend your elbows so that the bar comes down towards your chest.
3. Once the bar is close to your chest press the bar back up and return to the starting position.
4. Repeat for the desired repetitions.

Skull Crushers



Exercise Description:

Skull Crushers

Classification:

Triceps (free weights)

Instructions:

1. Start by lying on a bench and holding a bar above your chest.
2. Keeping your elbows stationary bend your elbows so that the bar comes down to your forehead level.
3. Stop the bar just short of your forehead and then extend your arms to the extended position.
4. Repeat for the suggested repetitions.