

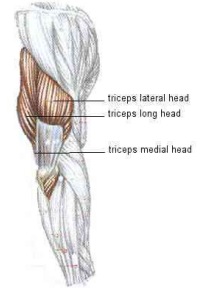


Healthy Habits Exercise Series

Week 6: Triceps

Role of Triceps

Most people believe biceps are the most important factor but they only make up 1/3 of total upper arm muscle! The triceps make up the other 2/3 and are involved in any **pushing motion** – pushing something away from you or pushing down on something. Specifically, their function is elbow extension. Make sure you work out biceps and triceps equally to avoid muscle imbalance.



Triceps Exercises [Do 12-15 reps, three times]

<p>Triceps Dips</p>	<p>Place your hands on the edge of a bench (top). Keeping your body close to the bench, slowly dip down until your elbows are at the same height as your shoulders (bottom). Slowly push back up squeezing through the triceps. Do not lock the elbows out at the top of the exercise, and repeat.</p> <p>It's important that you do not dip down too low as it places unnecessary strain on the shoulder joints. Concentrate on squeezing the triceps muscles at the top of the movement to get the most out of this exercise and to place more emphasis on the triceps and less on the shoulders.</p>
<p>Triceps Pushups</p>	<p>Start with legs extended, toes on the floor, hands on the floor with arms extended underneath shoulders. Place your hands together with your index fingers touching and your thumbs touching.</p> <p>Slowly bend elbows and lower body to floor with the chest almost touching the hands. Remain in proper alignment with abdominals held in tight. Exhale on exertion. Keep elbows close to body on exertion.</p>
<p>Skull Crusher</p>	<p>Sit on the end of a flat bench with a barbell on your thighs. You also use hand weights. Grip the barbell with an overhand (palms facing down) with your hands about shoulder width apart.</p> <p>Bring the bar up to your chest and lie down on your back. Extend your arms straight up above your chest. Keeping your elbows fixed in place and not pointing out, slowly lower the bar until it is about an inch from your forehead. Slowly extend your arms back to the starting position. Do not lock your elbows out, then repeat for desired reps.</p> <p>It's very important that you keep your elbows in during the set.</p>
<p>Triceps Kickback</p>	<p>Place one hand and the same knee on a bench and lean over so the back is flat. Hold a dumbbell in the free hand and hold with the upper arm horizontal next to the upper body, the elbow bent to a right angle and palm facing in.</p> <p>Straighten the elbow out behind you, ensuring the upper arm stays still. It is very important your upper arm and elbow do not move at all throughout the exercise. Slowly return to the starting position.</p>

Resource: <http://www.tricep-exercises.com/>, <http://www.muscleandstrength.com/>