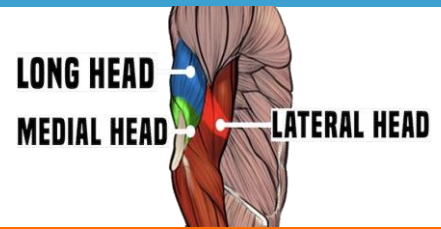


# HEALTHY HABITS

## BUILD-A-TRICEP

### The Role of our Triceps

Most people think of biceps when it comes to arm strength, but they make up only 1/3 of the total upper arm muscle! The triceps comprise the other 2/3 and are essential in all pushing motions. Their specific function is elbow extension. Make sure you work out biceps and triceps equally to avoid muscle imbalance!



## Tricep Exercises

Complete 12-15 reps of each exercise, three times



### Tricep Dip

Place your hands on the edge of a bench. Keeping your body close to the bench, slowly dip down until your elbows are at the same height as your shoulders. Slowly push back up squeezing through the triceps. Do not lock the elbows out at the top of the exercise. You must not dip down too low as it places unnecessary strain on the shoulder joints. Concentrate on squeezing the tricep muscles at the top of the movement to get the most out of this exercise. Place more emphasis on the triceps and less on the shoulders.



### Tricep Push-up

Start with legs extended, toes on the floor, and hands on the floor with arms under your shoulders. Place your hands together with your index fingers touching and your thumbs touching. Slowly bend your elbows and lower your body to the floor with the chest almost touching the hands. Remain in proper alignment with abdominals held in tight. Exhale on exertion, and keep elbows close to the body. You may also perform this exercise balancing on your knees, instead of the toes.



### Skull Crusher

Sit on the end of a flat bench with a barbell on your thighs. You can also use hand weights. Hold the barbell with an overhand grip (palms facing down) and with your hands shoulder-width apart. 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. You must keep your elbows close to your body during the exercise.



### Tricep Kickback

Place one hand and the same knee on a bench and lean over so your back is flat. Hold a dumbbell in your free hand with the upper arm horizontal to your upper body and the elbow bent at a right angle and palm facing in. Straighten the elbow out behind you, ensuring the upper arm stays still. Your upper arm and elbow must not move throughout the exercise. Slowly return to the starting position.

*Note: We advise that you consult with a health care practitioner before beginning any new exercise program.*

Sources: [www.tricep-exercises.com](http://www.tricep-exercises.com), [www.muscleandstrength.com](http://www.muscleandstrength.com)