

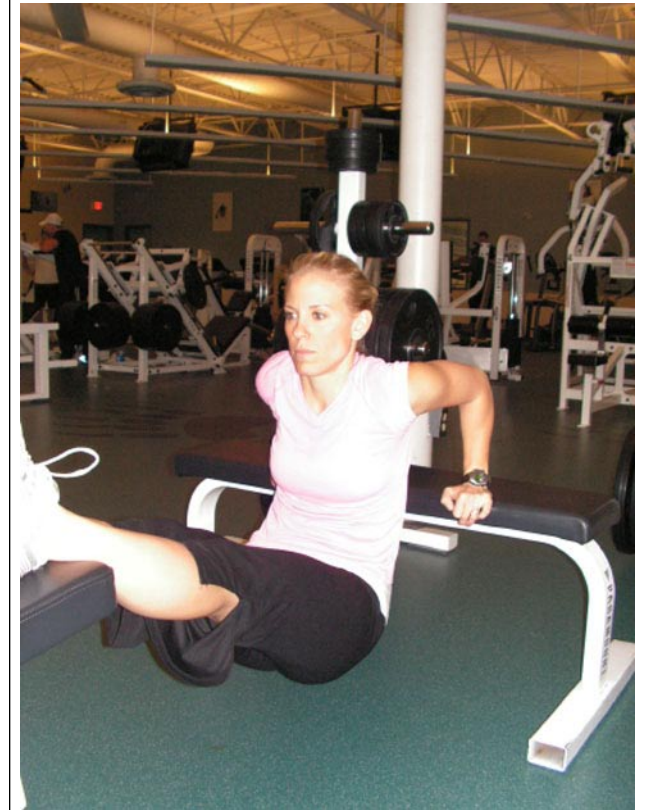
Exercises for the Triceps (Triceps Brachii)

Bench Dips

Major Muscle Group: Triceps brachii

Other Muscles Worked: Chest, Core

Place two flat benches parallel to each other, about 100–120 cm (36–48 in) apart. With your hands grasping the side of the bench behind you, cross one foot over the other on the other bench. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Slowly raise back up to the start position by straightening your arms. Repeat.



Cable Lying Triceps Extension

Major Muscle Group: Triceps brachii

Lie on a bench and grasp a short bar with a narrow overhand grip. With your arms extended, position the bar over your forehead. Lower the bar by bending the elbow. Go down to your forehead. Do not move your elbows! They should stay in the same place at all times. Extend the arm back to the starting position. Repeat.



Cable Tricep Extension

Major Muscle Group: Triceps brachii

Grasp the bar with a closed, pronated grip that is about 10–15 cm (4–6 in) apart. Feet should be shoulder-width apart, with knees slightly bent and torso erect. Arms should be bent at the elbows. Pull the bar down slowly toward the lower trunk of the body without forcefully extending the elbows. Allow the bar to rise slowly under control until you are at start position. Repeat.

