

Push Down



Anchor: High, top of door

Start: Stand with feet hip width apart, elbows at your side, palms facing down.

Movement: Contracting the triceps, straighten the arm bringing your arms straight to your side.

Tip: Keep elbows at your side.

Single Arm Pull Down



Anchor: High, top of door

Start: Stand with feet hip-width apart, elbow at your side, forearm crossing the body, palm facing up.

Movement: Contracting the triceps, straighten the arm bringing your arms straight to your side.

Tip: Keep elbow at your side.

Kick Back



Anchor: Chest height

Start: Stand with one foot in front of the other, one hand on handle, palm facing down. The other hand braces on the opposite knee. Bend at the hip, leaning slightly forward, elbow at your side.

Movement: Contracting the triceps, straighten the arm in line with the body.

Tip: Control the tubing when going back to the start position.

Dips on Chair/Bench



Anchor: Use chair, bench or coffee table

Start: Place palms of hands on edge of seat next to your hips, fingers facing out and butt just off the bench, arms straight.

Movement: Bending at the elbows, slowly lower your butt towards the floor about 10-12 inches. Then contracting the triceps, push through the hands and lift yourself back up.

Tip: Do not sit between repetitions.

Seated Triceps Extension



Anchor: Base of chair or bottom of door

Start: Sit tall on a chair holding both handles behind your head, arms bent, sitting tall.

Movement: Contracting triceps and keeping elbows pointed up and forward, straighten arms up high.

Tip: Be sure to keep arms in line with the shoulder.

Floor Triceps Dips



Anchor: None, body weight

Start: Bracing the body on feet and hands with fingers facing feet and arms straight and directly under the shoulders.

Movement: Bend the elbows slightly and lower the butt to a few inches from the floor. Then press from the heel of the hand back to start position.

Tip: Try not to let the body swing.

Triangle Push Up



Anchor: None, body weight

Start: On your toes and hands with your fingers and thumbs forming a triangle and flat back.

Movement: Bend your elbows and lower your chest to towards the ground and press back up using your triceps.

Tip: Try not to let your back sway.

Single Arm Behind Head Extension



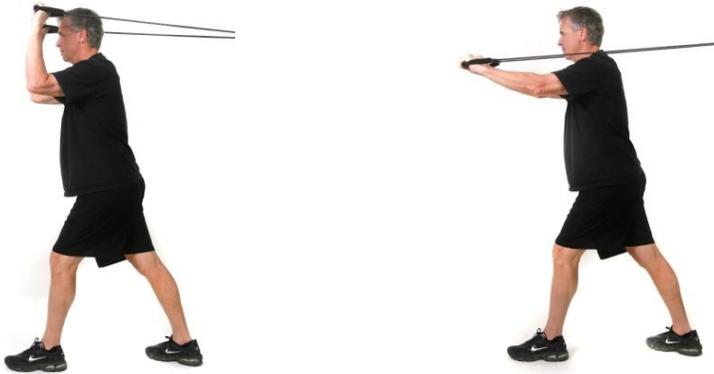
Anchor: Hold band in both hands

Start: With one hand holding the band behind your back the other holding the band behind your head with the elbow bent.

Movement: Using the triceps muscle, straighten the upper arm then lower back down to start position.

Tip: Keep the abs tight.

Overhead Triceps Extension



Anchor: Shoulder height

Start: In a split stance and with arms up and bent at 90 degree angle, parallel to the floor.

Movement: Use the triceps muscles to straighten the arms, keeping the arms shoulder width apart and arms stay parallel to the floor.

Tip: Keep head in line with spine.

Single Leg Floor Dip



Anchor: Body weight

Start: On your feet and hands with fingers pointing toward the feet and shoulder with apart. One leg lifted in the air.

Movement: Bend at the elbow, lowering the body to the ground.

Tip: Try to keep the butt lifted as you lower the body.