

TRICEP EXERCISES



OVERHEAD EXTENSIONS- Hold one dumbbell (vertical to floor) with both hands overhead. Keeping your upper arms in place, slowly lower dumbbell straight down behind head, as low as you can naturally go. Keeping elbows at one fixed point. Raise the dumbbell upward over your head until arms are extended, rotating your hands up and over until the top plates are resting in palms of hands, thumbs around handle. Lower the dumbbell behind your head in a slow, controlled manner. Try to keep your elbows at the same fixed point throughout the lifting and

lowering motion and keep upper arms (from shoulders to elbows) close to sides at all times.



SKULL CRUSHERS- Lie on the bench and hold a light-medium barbell with the hands close together, about shoulder-width apart. Extend the arms straight up over the chest, palms face out and thumbs wrapped around so that they're next to the fingers. Bend the elbows and lower the the weight down to a few inches above the forehead or until the elbows at about 90-degree angles. Squeeze the triceps to straight the arms without locking the joints.