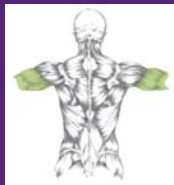


Triceps

Dumbbell French Press

Furman University
Greenville, SC

Triceps

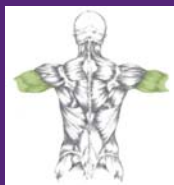


Select dumbbell. Carefully lift the dumbbell overhead and hold the head of the dumbbell as shown above. Bent your knees and tuck your tail bone under slightly to minimize the curve in your lower back. Keep your elbows close to your ears.

Inhale and slowly lower the dumbbell until your forearms are parallel to the floor. Exhale and press the dumbbell back up to the starting position.

Dumbbell Kickback

Triceps

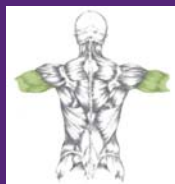


Select dumbbells. Bend your knees and hinge forward from your hips. Maintain a flat back. Lift your elbows up as shown above. Keep your neck in alignment with your spine.

Exhale and press the dumbbells back as you straighten your elbows. Feel the contraction in the back of the arms. Inhale and slowly release the weight back to the starting position.

Cybex Tricep Press

Triceps



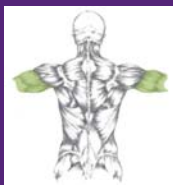
Sit on the seat with your back against the back rest. Adjust the seat height so your arms are flush against the arm pads. Adjust the back fore/aft position so your elbows are in line with the red pivot point. Select weight.

Keep your elbows in line with the red pivot point and press the handles away from you. Feel the contraction in the back of the arms. Slowly inhale and return the weight back to the starting position.

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Cable Tricep Extension

Triceps



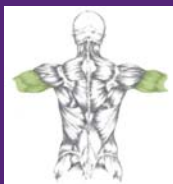
- Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
- Cross ankles to keep the lower back close to the back rest.

- Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
- Inhale and slowly lower the weight to the starting position.

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Cable Tricep Extension - Overhead

Triceps



- Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
- Cross ankles to keep the lower back close to the back rest.

- Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
- Inhale and slowly lower the weight to the starting position.

Cybex Dip Machine

Triceps



- Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
- Cross ankles to keep the lower back close to the back rest.

- Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
- Inhale and slowly lower the weight to the starting position.

Assisted Tricep Dip Machine

Triceps

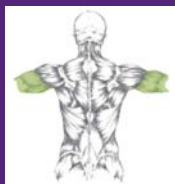


Select desired weight. Since this is an assisted dip machine choose more weight to make the exercise easier and less weight to make the exercise more difficult. Turn the handlebars inward if you have narrow shoulders and outward if you have wide shoulders. Grasp the handlebars and place your knees on the knee pads as shown.

Inhale and bend your elbows to lower your body. Stop when your arms are parallel to the floor. Exhale and push your body back up to the starting position.

Bench Dip (Beginner)

Triceps

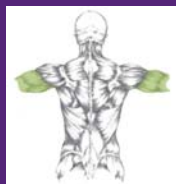


- Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
- Cross ankles to keep the lower back close to the back rest.

- Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
- Inhale and slowly lower the weight to the starting position.

Bench Dip (Intermediate)

Triceps

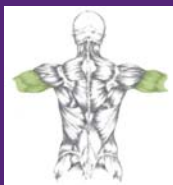


- Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
- Cross ankles to keep the lower back close to the back rest.

- Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
- Inhale and slowly lower the weight to the starting position.

Bench Dip (Advanced)

Triceps



- Place hands on handlebars so they are in level with the midline of the chest. Use the seat adjustment to raise or lower the seat if needed.
- Cross ankles to keep the lower back close to the back rest.



- Exhale and press forward to extend the triceps. Keep the elbows straight but not locked.
- Inhale and slowly lower the weight to the starting position.