

tighten up TRICEPS

Triceps can accumulate cellulite or unwanted fat quickly, causing you to appear older and out of shape. They take up two-thirds of the arm and require more attention to maintain a muscular or toned look. Pushing exercises for the chest and shoulders use triceps as a secondary mover but do not focus on triceps. Targeting this muscle group in your workouts will give you the results you desire. If they are lagging behind other body parts, focus on them twice a week.

1. FREE WEIGHT DIPS

Dips can be performed from a dip bar or between benches. Many exercisers tend to use the dip machines in the gym, which are much easier. The assisted dip machine is often used improperly and becomes an ego builder instead of a triceps builder. For real results, go old school and dip. If you can lift your body weight, mount a dip bar. Keep your body erect to focus on the triceps. Lower your body, keeping your elbows toward the ceiling and head up. Drop your torso until your upper and lower arms form a right angle. Return to the start position. Advanced exercisers should work up to adding resistance for thicker triceps.

2. BENCH DIPS

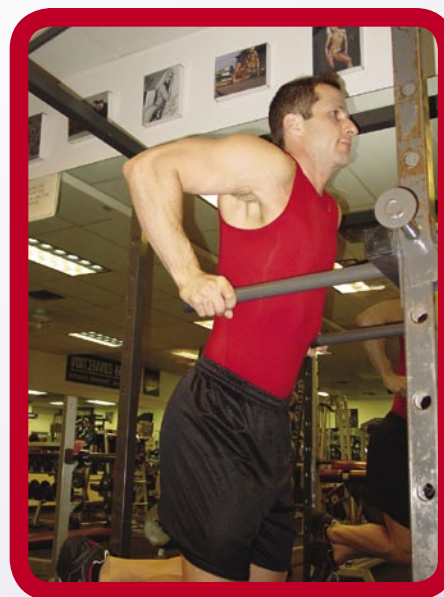
If free weight dips are too challenging, try bench dips. Place the heel of your hands shoulder width apart on one bench and your heels on another bench (not half your leg). Keep your back close to the bench as you lower your torso down to form a right angle between your upper and lower arms. Do not shrug but lower your body, keeping your head up. Return to the start position, flexing your triceps at the top. As you improve, you can add weight plates to your lap to increase the degree of difficulty.

3. LYING TRICEPS EXTENSION

Follow your dip choice with lying triceps extensions using a belt around your upper arms to keep your elbows in and pointing toward the ceiling. Keep all the movement in your lower arms, keeping the upper arms stationary. Bring the bar down towards your upper forehead. Return to the start position, flexing the triceps at the top. Keep your wrists and knuckles in alignment with your forearm. Perform three or four sets with ten to fifteen reps.

As a finishing movement, do two sets of tricep kickbacks with a light weight until they burn (not pictured). This routine can easily be executed at home! Train hard!

STEP 1



STEP 2



STEP 3



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