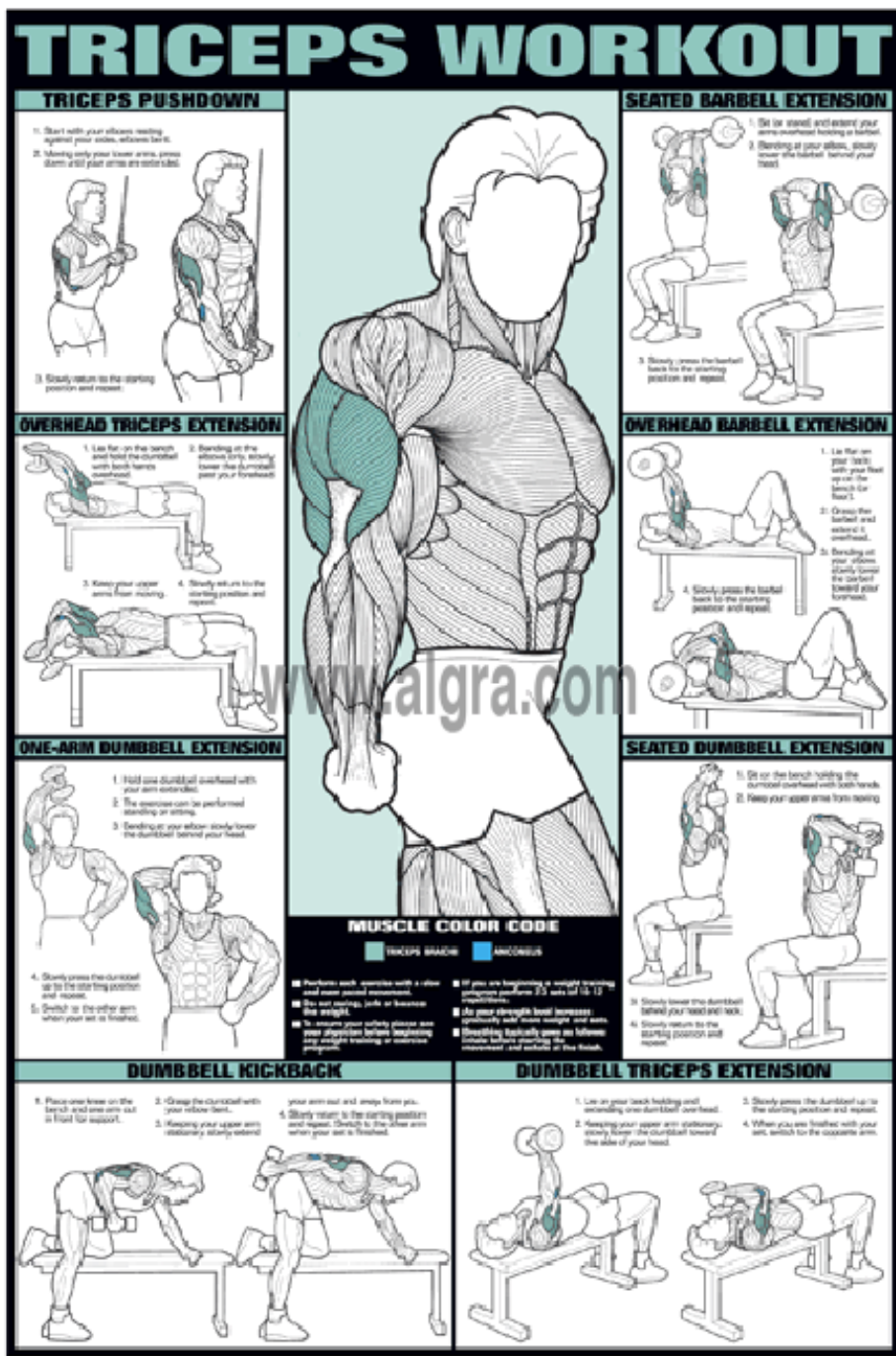


Male Triceps Workout Chart– BA074

<p>Description</p>	<p>◆ The Triceps Workout Poster is another of Bruce Algra's fantastic fitness and body building posters. A large center piece illustration of the triceps muscle grabs the eye of any weight trainer interested in developing and strengthening this muscle. Eight exercises highlighting the triceps in bright color surround this center piece to provide all the instruction needed for the serious body builder or beginner.</p>
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
<p>Image</p>	 <p>TRICEPS PUSHDOWN</p> <ol style="list-style-type: none"> 1. Start with your elbows fixed against your sides, elbows bent. 2. Moving only your lower arms, press down as if your arms are water balloons. 3. Slowly return to the starting position and repeat. <p>SEATED BARBELL EXTENSION</p> <ol style="list-style-type: none"> 1. Sit on a bench and secure your arms overhead holding a barbell. 2. Bending at your elbows, slowly lower the barbell behind your head. 3. Slowly press the barbell back to the starting position and repeat. <p>OVERHEAD TRICEPS EXTENSION</p> <ol style="list-style-type: none"> 1. Lay flat on the bench and hold the dumbbell with both hands overhead. 2. Bending at the elbows bring slowly lower the dumbbell past your forehead. 3. Keep your upper arms fixed moving. 4. Slowly return to the starting position and repeat. <p>OVERHEAD BARBELL EXTENSION</p> <ol style="list-style-type: none"> 1. Lie flat on your back with your feet up on the bench for feet 1. 2. Grasp the barbell and extend it overhead. 3. Bending at your elbows slowly lower the barbell behind your head. 4. Slowly press the barbell back to the starting position and repeat. <p>ONE-ARM DUMBBELL EXTENSION</p> <ol style="list-style-type: none"> 1. Hold one dumbbell overhead with your arm extended. 2. The exercise can be performed standing or sitting. 3. Bending at your elbow slowly lower the dumbbell behind your head. 4. Slowly press the dumbbell up to the starting position and repeat. 5. Switch to the other arm when your set is finished. <p>SEATED DUMBBELL EXTENSION</p> <ol style="list-style-type: none"> 1. Sit on the bench holding the dumbbell overhead with both hands. 2. Keep your upper arms from moving. 3. Slowly lower the dumbbell behind your head. 4. Slowly return to the starting position and repeat. <p>DUMBBELL KICKBACK</p> <ol style="list-style-type: none"> 1. Place one knee on the bench and one arm out to find for support. 2. Grasp the dumbbell with your elbow bent. 3. Keeping your upper arm stationary slowly extend your arm out and away from you. 4. Slowly return to the starting position and repeat. Switch to the other arm when your set is finished. <p>DUMBBELL TRICEPS EXTENSION</p> <ol style="list-style-type: none"> 1. Lie on your back holding one dumbbell overhead. 2. Keeping your upper arm stationary slowly lower the dumbbell toward the side of your head. 3. Slowly press the dumbbell up to the starting position and repeat. 4. When you are finished with your set, switch to the opposite arm. <p>MUSCLE COLOR CODE</p> <ul style="list-style-type: none"> TRICEPS BRACHII DELTOID <p> ■ Perform each exercise with a slow and even paced movement. ■ Do not swing, jerk or bounce the weight. ■ To ensure your safety please use proper technique before beginning any form of strength or endurance program. ■ If you are beginning or resuming training, perform only 2-3 sets of 10-15. ■ Do your strength level increases, gradually add more weight and sets. </p>