

Female Triceps Workout Chart– BA075

Description	<p>◆ The Co-ed Triceps Workout Poster is another of Bruce Algra's fantastic fitness program with effective routines to follow. A large center piece illustration of the triceps muscle grabs the eye of any male or female body builder 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>
Details	<ol style="list-style-type: none"> 1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides
Image	<p>TRICEPS WORKOUT</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 until your arms are extended. 3. Slowly return to the starting position and repeat. <p>SEATED BARBELL EXTENSION</p> <ol style="list-style-type: none"> 1. Sit (or stand) and extend 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>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 and neck. 4. Slowly return to the starting position and repeat. <p>OVERHEAD TRICEPS EXTENSION</p> <ol style="list-style-type: none"> 1. Lie flat on the bench and hold the dumbbell with both hands overhead. 2. Bending at the elbows only slowly lower the dumbbell past your forehead. 3. Keep your upper arms from 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 on the bench (or floor). 2. Grasp the barbell and extend it overhead. 3. Bending at your elbows, slowly lower the barbell toward your forehead. 4. Slowly press the barbell back to the starting position and repeat. <p>MUSCLE COLOR CODE</p> <ul style="list-style-type: none"> TRICEPS BRACHII ANCONIUS <p>■ If you are beginning a program, always start with a light weight and gradually increase it as you gain experience.</p> <p>■ As your strength increases gradually add more weight, sets, and repetitions.</p> <p>■ Bending too rapidly can cause an injury. Breathe in and exhale at the finish.</p> <p>■ Perform each exercise with a slow and even paced movement.</p> <p>■ Do not swing, jerk or bounce the weight.</p> <p>■ To ensure your safety always use your proper technique in every program.</p> <p>DUMBBELL TRICEPS EXTENSION</p> <ol style="list-style-type: none"> 1. Lie on your back holding and extending 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>DUMBBELL KICKBACK</p> <ol style="list-style-type: none"> 1. Place one knee on the bench and one arm bent in front to 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>www.algra.com</p>