

Model Demi Bean

OBTAINING TONED
TRICKLES

Photo by John Di Giovanni

By Shane Doll, CPT

This month, the spotlight is on exercises to develop toned and defined triceps. A key tip to maximizing your results from these exercises is keeping your arms close to your side in order to isolate the triceps. Complete each rep, slow, slightly pausing during the contraction phase. Perform these exercises regularly, and you'll look great in your sleeveless shirts this spring. Switch between heavier weights/lower reps and lighter weights/higher reps for best results.

1. MB Close Grip Push-Up: Place both hands on a medicine ball in a diamond shape position. Keep your arms close to your side, as you lower your chest to the ball, doing a push-up and return to the starting position.

2. Lying Barbell Triceps Extension: Lay on a flat bench with your arms extended, holding a barbell. Place your hands in a close grip position (6-8" apart). Keep your elbows inward as you lower the bar behind your head, and return to the starting position.

3. Cable Triceps Extension w/ Rope: Standing with knees slightly bent and arms close to your side, extend your elbows, pushing the rope downward. Return halfway so your forearms are parallel to the floor, and repeat.

4. Dumbbell Triceps Kickbacks: Holding a dumbbell in each hand with arms close to your side, bend over keeping your back flat. Extend your elbows bringing the dumbbells upward, until your arms are almost straight. Slowly return, and repeat.

5. Bench Dips: Place your hands on a flat bench with your arms close to your side. Place your feet on another flat bench or stability ball. Slowly lower your body towards the floor, and return to the starting position.

Shane Doll, CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To see videos of these and other great triceps exercises go to www.shapingconcepts.com

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