



Fit Quickie #3: "Triceps Triple Play" Practice

Hi, this is Lani Muelrath and this is the practice track for Fit Quickie #3 – Triceps Triple Play. Let's get right to the exercise setup.

Remember PAIR as for all Fit Quickies, position, anchor, isolate, and then your repetitions. Your left knee and your left hand are on the bench. The weight is in your right hand. Square the shoulders lengthening from the tail at the top of your head, stabilize the abdominals, and bring the arm right up into the start position.

Firmly anchor the contact points so that you can isolate the triceps muscles as much as possible. That arm should be raised to the point that you can feel the triceps muscle in the arm catch close to your body, palms in, arms straight.

Then let's begin the repetitions, pull in, squeeze, and hold for 8, pull in 2, squeeze and hold, arm is straight, squeeze and hold, 4, again, and 5, reach to the back wall, 6, shoulders squared, 7, one more time, now in 2, and lift for 1, pull in, 2, lift and hold, good. Pull in, 2, lift and hold, keep going, try to keep that arm straight, lift and hold, pull in, 2, lift and hold, 4 more just like it, squeeze, squeeze, lift and hold, keep that arm close to the body, in, in, lift and hold, last 2, squeeze, squeeze, lift and hold, 1 to go, squeeze, squeeze, and now straight lifts to the back for 8. Here we go and lift, 2, reach to that back wall, with your knuckles and 5 six and time for bend, extend, bend, extend, and 2, and 3, straighten it all the way, and 5, 6, 7, and 8, and slowly let that arm down for a brief rest.

Reset that shoulder, bring that arm back up behind you, square the shoulders, tighten the belly.

It's time for triceps squeeze and tease for 5.

Ready? Lift, lift, lift and hold, keep that arm straight, lift, lift, I know it's getting harder, lift and hold, and again, lift, lift, I'm right there with you, 2 more times just like them, lift, lift, lift and hold, 1 more set of tease and squeeze, lift, now straight arm lifts to the back for 8, lift 2, 3, 4, 5, 6, 7, and 8.

Now it's time to switch sides.

Now your knee and right hand are on the bench, the weight is in your left hand, raise that straight arm up into position and ready? Pull in, squeeze and hold for 8, here we go, and in, and 2, squeeze and hold, keep that elbow straight, squeeze and hold, shoulders squared, belly in, 2 more, and 7, now into counts and lift for 1, pull in, 2, lift and hold, good, pull in, 2 and lift and hold, here we go and in, 2, elbows straight, and in, 2, lift and hold, we've got 4 more, we can do them, back wall lift and hold, squeeze in, keep the arm in close, lift and hold, 2 more and in, in, lift and hold, final one, and in, in, now straight arm lifts to the back for 8 and lift, 2, keep reaching to the back wall, 5, elbows straight, 7, now bend extend bend extend, really press right through the arm and 5, 6, 7, and 8.

Now slowly bring the arm down. Reset the shoulders, square it up, tighten the belly, bring the arm back up for triceps tease and squeeze for 5. Ready, here we go, and lift, lift, lift and hold, and again, lift, your arm is in close, your arm is straight, and lift, lift, lift, and hold, keep reaching to the back wall and lift, lift, lift hold, one more time, and lift, lift, and ready finish with 8 straight arm lifts up, 2, 3, 4, go the distance, and 6, and 7, and 8.

If you'd like to do another set or more, go back to the first side and begin. If not, then it's time to stretch the triceps.

Go ahead and put your weight down and if you are sitting or standing either way is fine. Extend your right arm straight up past you toward the ceiling then bend the right elbow, drop and reach your right hand down to the back of your neck. Then bring your left hand up to grasp the right elbow and gently pull on the right elbow. Good. You will feel the intense stretch down the triceps and down the side of your torso as well. You can gently press with your head on the arm to really open up the chest a little bit more and keep stretching on that arm. Go ahead and release and let's switch to the other side, so now your left arm is going to reach straight up the ceiling, then bend that elbow. Bring your right hand over to the outside of the left elbow and gently pull that elbow across where the elbow reaches to the ceiling and again feel that stretch down the side of the arm and the side of your back. Nice deep breath, it feels really good deep in that muscle, nice.

Now let it go, finally to stretch the muscle in the upper back that where engaged to stabilize your shoulders. Place your hands together in front of you with your palms facing you, then invert those palms by turning the thumbs in and then down and then the palms totally away from you and

extend the arms as straight as you can directly in front of you at shoulder level. Take a nice deep breath and feel that stretch through the arms and through the back. Good, go ahead and relax. Remember feeling that workload deep in the muscle is a signal to you that muscles are changing. The isolation and the overload are key components.

As you work your way up, you may progress to heavy weights. Though when you really pay attention to form and keeping the arm straight or straightened, depending on the particular part of the sequence, you will be absolutely amazed at the intense workload you can get out of just 1, 2, or 3 pounds of weight. Do these exercises 3 to 4 times a week and you will feel and see your triceps change.