



## Fit Quickie #3: "Triceps Triple Play" Tutorial Transcript

Hi, this is Lani Muelrath and this is the tutorial track for Fit Quickie #3 – Triceps Triple Play.

The triceps. Why is this area of the arm of such universal concern among

women?

Actually, it's pretty straight forward. Our daily activities and even many exercises utilize the triceps muscle, but not nearly enough to give them a challenge that is going to make a difference in their shape. As a matter of fact, unless we place a strong workload of demand on the triceps muscle, it will continue to lose size and lose shape. In addition, body fat accumulates on the backs of the arms for most women, presenting a double challenge.

Remember, all muscles pull. The triceps muscles have 3 heads and 3 functions. One – it extends the arm straight at the elbow; two – it works with the Latissimus Dorsi muscle in the back to bring the arm closer to the body; and three – it coordinates with the back of the shoulder to extend your arm straight behind you. So unless you are rowing with oars or kneading bread on a regular basis, you can see why this is a problem area.

The Triceps Triple Play I designed to target all 3 of these heads and functions of the triceps muscle. For this exercise, you will only need 2 things:

- a sturdy platform upon which to kneel, such as a bench, window seat, or a piano bench, and
- two, light dumbbells from 1 to 3 pounds. Actually beginners may find a challenge with no additional weight at all, and when applying correct form to this series, you will be astonished at how little weight you need to create the powerful workload you are looking for. More on that in a minute.

Now let's get to exercise setup. Remember PAIR as for all Fit Quickies, position, anchor, isolate, and repetitions.

Position – here is the starting position for the triceps triple play. Beginning with the triceps exercises for the right arm, kneel on the platform with your left knee. Place your left hand on a platform directly beneath your left shoulder. Keep your right foot on the floor to stabilize the workload. This should put you in a position having your back from shoulder to hip almost parallel to the floor.

The shoulders will probably be slightly higher off the platform than your hips due to the length of your arm. This is fine. Your neck should be in alignment with your spine. Imagine a straight line from your tail through the neck and extending through the top of your head.

Keep your gaze slightly forward off your hand on the platform without lifting your head or letting it turn.

Shoulders should be released down and away from the ears. Keep the chest open and the shoulders back, hips square to the floor and platform. Your body will want to check out of the workload on the triceps by trying to rotate the upper body open to the side of the arm that you are working, so be attentive to keeping the straight and start position strong.

Anchor – your points of anchor are your knee on the platform, your hand on the platform, your foot on the floor, the muscles and the middle of the back keeping your chest open and the shoulders anchored in position, and your abdominals pulled in and isometrically engaged to stabilize your core.

Isolate – to isolate the triceps muscle, with your right arm straight and keeping it close to your body, raise that right arm directly behind you to the hip or slightly above or in the direction thereof. The idea is to get that right arm close to parallel to the floor. However, at which ever point you feel the workload and have the other layers of proper alignment in place is good, just raise that arm to the point where you feel the triceps muscle in the arm catch. Again, it should be close to your body, the palm facing inward towards your body and shoulder still squared.

If you are holding a dumbbell, keep a gentle hold on the dumbbell and keep the wrist straight. Bringing the arm to this position with a straight elbow joint will make you aware of the triceps muscle jumping into action right away and that's what you want. This is a signal to you that you have isolated the triceps muscle.

Reps – the repetitions will follow a sequence of 6 different combinations. I'm going to list them and then describe each individually.

Part 1 – pull in, squeeze and hold for 8.

Part 2 – pull in 2 counts, lift and hold for 8.

Part 3 – straight arm lifts to the back for 8.

Part 4 – bend and extend the arm for 8. Then you'll take a brief rest and come back up for 2 more moves on that same side.

Part 5 – triceps squeeze and tease for 5.

Part 6 – repeat the straight arm lift to the back for 8.

Let's get a feel for this combination. Please get into position so that you may implement the tutorial and be all ready for the practice track.

Here is the breakdown for these 6 parts.

Part 1 – pull in, squeeze and hold. In the starting position with the arm raised straight to your side to above hip level, you are going to squeeze the arm even closer to your body in a tiny muscle activating action. The arm may barely move, it seems more like an isometric squeeze. Your pattern will be squeeze and then hold, squeeze and then hold. Note that you keep the arm in close to the body with the elbows straight.

Part 2 – pull in two reps, lift and hold. This adds another small move to that of part 1. You are going to pull in for 2 counts then lift the arm directly behind you and hold. The lift to the back is also going to be a small move, but deep in the triceps muscle. The arm stays straight. Try it, pull in, pull in, lift and hold, pull in, pull in, lift and hold. The lift is small; it can be measured in inches.

Part 3 – straight arm lifts to the back for 8. Now while continuing to keep that right arm close to your body and keeping the arm straight, you are going to lift the arm up to the back for 8 counts. Again the range of motion is small.

Part 4 – bend and extend. Now keeping that arm lifted to the back, bend the elbow only slightly and then extend it straight for 8. The bend should be small so that you minimize the rebound from the contraction and the focus is on the straightening of that arm. You will feel this burning deep into the triceps muscles. Next is a brief resetting of the position. Let your right arm drop down so that your hand extends towards the floor, roll the right shoulder, reset the square of shoulders, and the anchor of your shoulder

blades with your back muscles and anchor the abdominals, then back up to position for the final 2 parts.

Part 5 – triceps squeeze and tease. Bring the arm back up into position close to the body, elbows straight, arms slightly higher than the hips if you can and shoulders squared. With the elbow kept straight, lift 2 counts up quickly then hold. The pattern will be like this: lift, lift, lift and hold, lift, lift, lift and hold. You will do this for a total of 5 rounds.

Part 6 – straight arm lift are repeated. This will finish off the workload of all 3 heads of the triceps as you keep the arm in close to the body, the elbows straight, and the back of the shoulder and arm working in concert. You will do 8 repetitions of the straight arm lifts.

Then the work will shift to the left arm. You'll kneel onto the right knee with the right hand on the bench or platform, left foot on the floor, and the work of the triceps in the left arm.

Once finished with both arms, it's time to stretch the triceps to assist with strength and shape. Put your weights down and sitting or standing extend your right arm straight up passed the ear toward the ceiling. Then bending the right elbow, drop and reach your right hand down to the back of your neck or lower. Bring your left hand up to grasp the right elbow and gently pull on the right elbow. You will feel the intense stretch down the triceps and down the side of your torso as well. Then repeat this with the other arm.

Finally to stretch the muscles in the upper back that were engaged to stabilize your shoulders, lace your fingers together in front of you with palms facing you, then invert the palms turning them away from you, and extend the arms as straight as you can directly in front of you at shoulder level. Remember feeling the workload deep in the muscle is the single to you that muscles are changing. Isolation and overload in intervals are key. Go the distance with these repetitions and you will feel and see your triceps change.