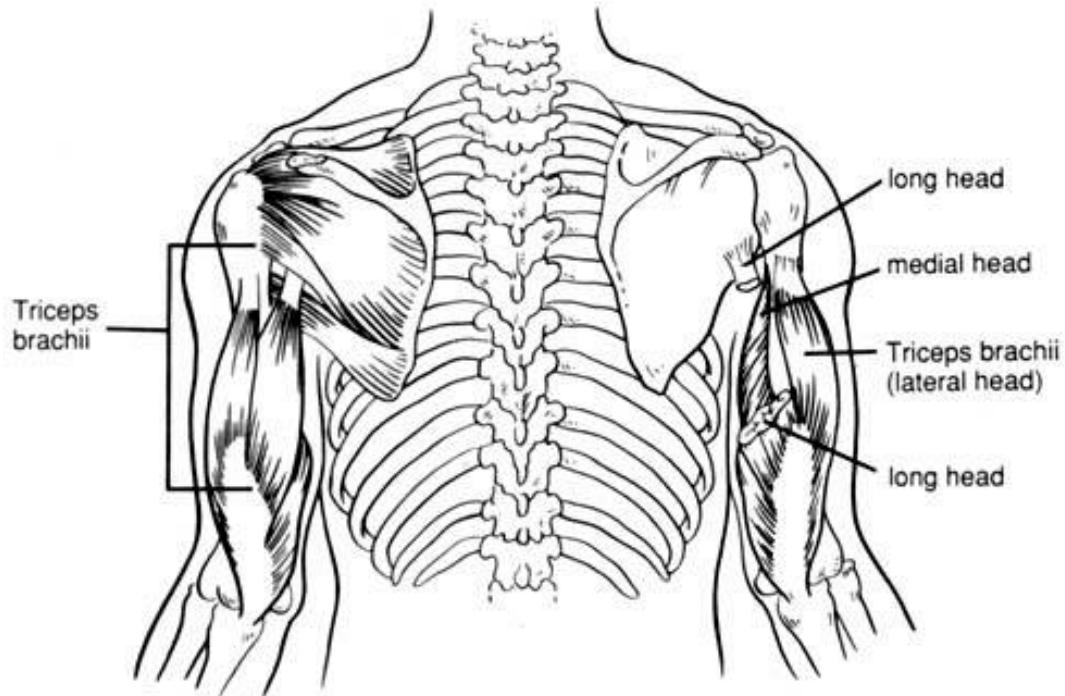


# Ultimate Personal Training Triceps Exercise Guide



## Major Muscles That Act On the Elbow and Forearm

MUSCLE	ORIGIN	INSERTION	PRIMARY FUNCTIONS
Brachialis	Anterior humerus	Ulnar tuberosity and coronoid process of ulna	Flexion at elbow
Triceps brachii	Long head from lower edge of glenoid cavity of scapula; lateral head from posterior humerus; short head from distal two-thirds of posterior humerus	Olecranon process of ulna	Extension at elbow
Pronator teres	Distal end of medial humerus and medial aspect of ulna	Middle third of lateral radius	Flexion at elbow; pronation at forearm

## Bench Triceps Dips

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest

**Equipment:** Body Only

**Mechanics Type:** Compound



**Tips:** Place two flat benches parallel to each other, about three to four feet apart. Sit on one bench facing the other, with your hands grasping the side of the bench. Using your hands to support your weight, lift your feet to the top of the other bench so that the rest of your body is suspended between the two benches. Cross one foot over the other. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Do not go below a 90-degree angle, as this can stress your shoulders. Slowly raise back up to the start position by straightening your arms. You can also place a weight plate on your upper legs for added resistance!

---

## Lying Cable Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Lie on a bench and grasp a short bar with a narrow overhand grip. With your arms extended, position the bar over your forehead. Lower the bar by bending the elbow. Go down to your forehead. Do not move your elbows! They should stay in the same place at all times. Extend the arm back to the starting position. Repeat.

---

## Triceps pushdown

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** With your right hand, grasp a stirrup handle attached to the high-cable pulley using an underhand grip. You should be standing directly in front of the weight stack. Pull the handle down so that your upper arm and elbow are locked in to the side of your body and your upper arm and forearm form a right angle. Feeling the contraction in your triceps, pull the stirrup handle down to your side until your arm is straight. Squeeze and then slowly return the handle to the starting position. Finish your desired number of reps, then switch arms.

---

## Overhead Rope Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Attach a rope to the bottom pulley. Grasping the rope in both hands, start with your hands directly above your head, knuckles aimed at the ceiling. Slowly lower the rope behind your head, pause when your triceps are fully stretched, and return to the starting position and repeat. Keep your upper arms and elbows firmly in place next to the sides of your head, with the only movement occurring at your elbow joint. Your elbows should be pointing straight up. You can also do this seated with a back support bench, or you can use a dumbbell instead of the rope.

## Close-Grip Bench Press

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Lie on a flat bench. Hold a barbell with both hands with a close grip, about 8 - 12 inches apart. Keeping your arms close to your sides, lower the bar until it touches your chest, approximately 1 inch below your nipples. Return to starting position, concentrating on using your triceps to push.

---

## Decline Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Position yourself face up on an incline bench. With a dumbbell in each hand, extend your arms until they are perpendicular to your torso. From this position, relax your triceps until your biceps make contact with your forearms. Reverse this action to return to the starting position, keeping your elbows stabilized (motionless) throughout the exercise.

---

## Decline EZY Bar Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Position yourself face up on an incline bench. Using an EZ bar, extend your arms until they are perpendicular to your torso. From this position, relax your triceps until your biceps make contact with your forearms. Reverse this action to return to the starting position, keeping your elbows stabilized (motionless) throughout the exercise.

---

## Machine Triceps Dips

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Shoulders

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** If you can't perform regular dips with your bodyweight, you can use a dip machine. Follow the directions on the machine that you use.

---

## Dips - Triceps Version

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest, Shoulders

**Equipment:** Body Only

**Mechanics Type:** Compound



**Tips:** Using the parallel bars, grip the handles and push yourself up to your starting position. With elbows close to body and hips straight, lower body until shoulders are slightly stretched. Push body up in same posture and repeat. You can bend and cross your legs or keep them straight. To work the triceps, keep your body STRAIGHT up and down and do not lean over. Leaning over would work more of the lower chest. You can add weight by using a [Dip Belt](#).

---

## Incline Barbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Hold a barbell with hands a little closer together than shoulder width. Lie on an incline bench and position your head at the top. Press bar overhead to arm's length. Lower the bar in a semicircular motion behind your head until your forearms touch your biceps. Keep your upper arms close to your head. Return to the starting position. Can also be done with straight bar, 2 dumbbells, seated or standing or with 2 dumbbells and your palms facing in.

---

## Kneeling Cable Concentration Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Hold a stirrup handle attachment that is connected to a high pulley with your right hand. Kneel on your left knee with your left side toward the machine. Keep your right knee bent and your upper thigh parallel to the floor. Keep your right elbow and upper arm against your inner thigh at all time. Extend your arm down in a semicircular motion until arm is vertical and your elbow is locked. Return slowly to the starting position.

---

## Kneeling Cable Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Place a bench sideways in front of a high pulley machine. Hold a straight bar attachment above your head with your hands about 6 inches apart with your palms down. Face away from the machine and kneel. Place your head and front of your upper arms on the bench. Keeping your upper arms close to your head at all times! Start with your forearms and biceps touching. Press the bar out in a semicircular motion until elbows are locked and your arms are parallel to the floor. Return slowly to the starting position.

---

## Low Cable Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Position yourself face up on the bench of a seated row station. Your head should be towards the attachment. Using a triceps rope, grab the outside of the rope ends with your palms facing in. Start with your elbows bent at a 90 degree angle and your upper arms vertical. Extend your lower arms until they are vertical **WITHOUT** moving your elbows from the starting position. Squeeze your triceps, then slowly return to the starting position.

---

## Lying Close-Grip Barbell Triceps Extension Behind Head

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Hold barbell or EZ Curl bar with hands about 8 inches apart. Lie on your back with your head close to the end of the bench. Position bar behind head. Keep upper arms close to your head and parallel to the floor with your lower arms vertical to the floor. Push bar up in a semicircular motion until lower arms are also parallel to the floor. Return to starting position slowly. **NEVER** move your elbows or upper arms!

---

## Lying Close-Grip Barbell Triceps Press To Chin

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Lie on your back on a flat bench with your head off the end. Hold a barbell or EZ Curl bar with hands about 6 inches apart. Press bar to your arm's length above your shoulders. Lower bar in a semicircular motion to chin, bending arms at your elbows, keeping your upper arms vertical. Return to starting position. Never move your elbows!

---

## Lying Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Lay down on a flat bench with your head at the very end of the bench. Hold a dumbbell around the end with both hands (palms facing up). Your arms should be pointed almost straight up, but tilted a little towards your head. While keeping your upper arms and elbows completely still, lower the dumbbell until it is behind your head. Do not let your elbows flare outward. Slowly lift the dumbbell back to the starting position where your elbows are locked or nearly locked. Repeat.

---

## Lying Barbell Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Sit on a flat bench holding an EZ-Curl bar with an overhand grip. Lie back so that the top of your head is even with the end of the bench. At the same time, extend your arms over your head so that the bar is directly over your eyes. Keep your elbows tight and your upper arms stationary throughout the exercise. Holding your upper arms in a fixed position (this is key), slowly lower the bar until it almost touches your forehead. Then press the bar back up in a slow, sweeping arc-like motion. At the finish, lock your elbows completely.

---

## Lying Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Lie on your back on a flat bench with two dumbbells at arm's length above your shoulders. Lower dumbbells in a semicircular motion, bending arms at your elbows, keeping upper arms vertical until forearms touch your biceps. Return to starting position. Can also be done on the floor, seated or standing, or with a barbell.

---

## One Arm Pronated Dumbbell Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Lay on a bench with your lower back pressed flat against the bench so you don't overarch and create any pain. Hold one dumbbell at arms length above your chest area. Your arm should be perpendicular to the floor. The palm of your hand that is holding the dumbbell should be facing toward your feet. The other hand should be positioned on the bicep of the arm holding the dumbbell for support. If you are holding the dumbbell in your right arm you should inhale and slowly lower the dumbbell to your left shoulder. It is important to lower the dumbbell exactly to this point on your shoulder because this ensures the proper flexion angle of your elbow joint! Your elbow is the only area where movement should be occurring. Don't let your upper arm move around during the exercise!

---

## One Arm Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Lying on a flat bench grip a dumbbell with a supinated grip (underhand). Hold the dumbbell overhead with your arm straight. You can support your arm if you need to with your other arm by holding on near your elbow. Bend your elbow and lower the dumbbell toward the top/side of your head. Keep your palm facing down toward the floor. Extend your elbow by contracting your tricep to return to your starting position.

---

## Pushups - Close Triceps Position

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest

**Equipment:** Body Only

**Mechanics Type:** Compound



**Tips:** Kneel down on the floor and place your hands flat on the floor, closer than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on the floor, so that your knees are off the floor and your legs are straight. At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that you are looking down toward the floor. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. If you need to reduce the intensity of this exercise you can perform the pushups from your knees instead of from your toes!

---

## Reverse Grip Triceps Pushdown

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides. From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat, athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

---

## Reverse Triceps Bench Press

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest

**Equipment:** Barbell

**Mechanics Type:** Compound



**Tips:** Lie on a flat bench, with the barbell at arm's length above shoulders with a reverse grip and hands about 16 inches apart. Lower bar until it touches about 1 inch below nipples. Press bar back to starting position. Keep elbows in close to your sides at all times. Can also be done on a Smith machine.

---

## Seated Dumbbell Kick Back

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold dumbbell in your right hand with your palm facing in. Sit at the end of a bench with your feet flat on the floor. Draw right upper arm to your side, keeping your lower arm vertical. Press dumbbell back in a semicircular motion until entire arm is parallel to the floor. Squeeze tricep at the top. Lower slowly to the starting position. Your elbow or upper arm should NEVER move!

---

## Seated Bent-Over Two-Arm Dumbbell Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold dumbbells with your palms in. Sit at the end of a flat bench with your feet flat on the floor. Bend over as far as possible. Pull upper arms up to your sides, keep your lower arm vertical. Press dumbbells back in a semicircular motion until entire arm is parallel to the floor. Squeeze your triceps at the top. Never move your elbows or upper arms! You can do this with one arm at a time as well.

---

## Overhead Barbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Hold barbell or EZ Curl bar with your hands about 6 to 8 inches apart. Sit at the end of a flat bench with your feet firmly on the floor and your back straight. Raise bar overhead to arm's length. Lower bar behind your head in a semicircular motion until your forearms touch your biceps. Return to starting position. Your elbows and upper arms should NEVER move. Can also be done standing.

---

## Overhead Dumbbell Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Sit on a bench with a straight back, feet flat on the floor, and back firmly against the bench. Grasp one end of a dumbbell with both hands (palms up) and raise it above your head, locking the elbows. With your elbows held in place and squared, slowly lower the dumbbell behind your head until you feel a stretch in your triceps. Press the weight back up, following a slight arc until the elbows lock and the weight is once again about your head.

---

## Smith Machine Close-Grip Bench Press

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** Chest, Shoulders

**Equipment:** Machine

**Mechanics Type:** Compound



**Tips:** Same as the [Barbell Close-Grip Bench Press](#) but with a Smith Machine.

---

## Standing Dumbbell Triceps Kick Back

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold dumbbell in your right hand with your palm in. Bend over until upper body is parallel to the floor. Pull your right upper arm to your side and keep your lower arm vertical. Press dumbbell back in a semicircular motion until entire arm is parallel to the floor. Return to starting position. Switch arms after a full set. NEVER move your elbow or upper arm! Can also be done with two arms at a time.

---

## Standing Bent-Over Two-Arm Dumbbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold two dumbbells, palms facing in. Bend over until your upper body is parallel to the floor. Pull your upper arms up to your sides but keep your lower arms vertical. Press dumbbells back in a semicircular motion until entire arm is parallel to the floor. Squeeze triceps at the top. Return to starting position. Your elbows and upper arms should NEVER move. Can also be done with one dumbbell at a time.

---

## Standing Dumbbell Overhead Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold a dumbbell with both hands at the end, raise over to arm's length. Stand straight up, with your head up and your feet about 16 inches apart. Your palms should be facing up and gripping the dumbbell around the top plate. Keep your arms close to your head and your elbows in the SAME place during the entire movement. Lower dumbbell in a semicircular motion behind your head until your forearms touch your biceps. Return to starting position.

---

## Standing Low-Pulley One-Arm Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Compound



**Tips:** Hold a stirrup handle that is attached to a low pulley with your left hand and turn away from the machine. Raise your left hand directly over your left shoulder to arm's length. Keep your upper arm completely vertical. Put your right hand on your left elbow to help keep it steady. Bend your left arm at your elbow in a semicircular motion until your forearm touches your biceps. Press up to the starting position. Keep your elbow close to your head and do not move it! Finish set and then repeat with your other arm.

---

## Standing One-Arm Dumbbell Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Hold dumbbell in right hand and raise overhead to arm's length. Stand straight up, with your head up and feet at shoulder width. Keep upper arm close to your head. Lower dumbbell in a semicircular motion behind head until forearm touches your bicep. Return to starting position and repeat for your other arm after you finish this set. Your elbow and upper arm should NOT move at all. Can also be done with both arms on one heavier dumbbell or with a barbell.

---

## Standing Overhead Barbell Triceps Extension

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Barbell

**Mechanics Type:** Isolation



**Tips:** Hold barbell or EZ Curl bar with hands about 6 to 8 inches apart. Raise bar overhead to arm's length. Lower bar in a semicircular motion behind head until your forearms touch your biceps. Keep your upper arms close to your head. Do not move your elbows! Return to starting position. Can also be done seated.

---

## Standing Towel Triceps Extension

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Body Only

**Mechanics Type:** Isolation



**Tips:** Hold one end of a towel or rope with both hands. Stand straight up with your head up and feet at shoulder width. Lower your forearms down until they touch your biceps. Then raise your arms overhead while keeping your elbows and upper arms in and next to your head. They should not move during the whole exercise! Have a training partner hold the other end of the towel for resistance. Lower back to starting position slowly while partner resists.

---

## Tate Press

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Lay on a flat bench with a dumbbell in each hand. Start with the dumbbells on your chest, next to each other. Make sure your elbows are straight out from your body and your palms are facing towards your legs. Without moving your upper arm or elbows at all, extend your arm until it is straight. Go slow on the way up, then slowly lower the dumbbells down to your chest. Do not rest the dumbbells on your chest at the end of each rep.

---

## Triceps Dumbbell Kickback - Bench

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Dumbbell

**Mechanics Type:** Isolation



**Tips:** Stand to the right of a flat bench. Bend your left knee and rest it on the bench, and place your left hand ahead of you on the bench for balance. Your back should be as straight as possible. Pick up a dumbbell in your right hand. Bend your arm and raise your elbow up to shoulder height. Make sure the elbow stays close to the side of your body. Let the dumbbell hang. Press the weight back until your forearm is parallel to the floor. Squeeze your tricep and then slowly return to the starting position. Finish one set, then switch sides and arms. Only your upper arm should move... NOT your elbow! Look straight ahead at all times.

---

## Triceps Pushdown- St Bar

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Using a high-cable pulley, grasp a short straight bar with an overhand grip. Your hands should be about 10 inches apart. Position your forearms so they are parallel to the floor. Keep your feet shoulder width apart and bend your knees slightly. Keep your elbows locked in close to your body and your wrists straight. Keep your WHOLE body steady, push the bar down as far as possible towards your legs, locking your arms and feeling the triceps full contract. Keep the upper arms close to the body. Return to the starting position using the same motion. Never move your elbows or torso! Stay standing straight up.

---

## Rope Triceps Pushdown

## Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Same as the [Triceps Pushdown](#) except with the rope attachment. At the bottom of the movement you should pull the rope "apart" to get the best contraction in your triceps.

---

## Triceps Pushdown - V-Bar Attachment

### Exercise Data

**Main Muscle Worked:** Triceps

**Other Muscles Worked:** None

**Equipment:** Cable

**Mechanics Type:** Isolation



**Tips:** Just like the [Triceps Pushdown](#) with a straight bar but with the V-Bar attachment. Can also be done with a rope attachment.

---