



# TRICEPS

***THE THREE HEADED MONSTER***

# YOUR WEAPON'S VAULT

There are infinite ways to craft a weapon capable of felling a monster. Still, we are not interested in wildly swinging weights and hoping the beast falls. We must be precise and efficient to ensure that we can grow accordingly. Here are a few key arrows in your quiver for with which you can dominate your three headed tricep.

## SKULL CRUSHERS



Prepared exclusively for sabo\_gabi88@yahoo.com Transaction: 5815

# YOUR WEAPON'S VAULT

## SKULL CRUSHERS

### EXERCISE GUIDE (LONG HEAD FOCUS- DUMBBELL NEUTRAL GRIP):

1. Grab two dumbbells and lay down on a flat bench.
2. Grab the bar with your hands in a neutral grip shoulder width apart.
3. Press the weight up so that your elbows are extended, and your upper arm is perpendicular to the ground. This will be your starting position.
4. Lower your forearm while keeping your elbows in a fixed position.
5. Stop when the dumbbells touch your forehead.
6. Extend your elbow until the bar returns to the starting position.
7. Repeat for the desired amount of reps.

### COMMON MISTAKES:

1. Using a straight bar. **The skull crusher is a valuable weapon in the epic battle against your three headed tricep. However, one misplaced tool can spell disaster. A straight bar puts your wrists at a set, fixed angle. This can cause undue stress to your wrist as well as your elbow. This strain can remove you from the gym and ensure your feats of strength are never recounted.**
2. Using too much weight. **The man who walks into battle with the largest sword certainly turns heads. However, it is often his head that rolls as he finds the price of ego. Large, cumbersome weapons can rarely be used efficiently. If you find your elbows moving and find that you are unable to feel the tricep working, lower the weight before returning to battle.**
3. Flaring the elbow out. **This is a natural response to a weight that is too heavy for a warrior to wield. If our only goal is to move a weight, our bodies will utilize as many supporting muscles and levers to achieve the desired motion. Lower the weight and keep the elbows in to ensure safe extension and activation of the tricep muscle.**

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DIPS



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V. YOUR WEAPON'S VAULT

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## DIPS

### EXERCISE GUIDE:

1. Grab a dip bar and elevate your body until your arms are locked out and your body is off the ground.
2. Cross your legs and bend them at the knee until they are perpendicular to your body. This will be your starting position.
3. Lower your torso in a controlled manner while keeping your elbows close to your body.
4. Lower until your shoulders are slightly below your elbows.
5. Press down and lift your torso back up to the starting position.
6. Repeat for the desired amounts of sets and reps.

### COMMON MISTAKES:

1. Moving your shoulder out of your socket. **The dip exercise is versatile when employed properly, but disastrous when abused by a misguided hero. It is a free-range movement that does not require weight to properly target the muscle, but it still requires a precise methodical approach. If you allow your shoulders to roll forward, it puts the shoulder socket under specific counter stress. As you lower your body, make sure to pinch your shoulders back to keep your shoulders in a safe position.**
2. Leaning forward. **This isn't a traditional mistake, but it requires explanation. The dip is a weapon that can be turned against a litany of muscles. Leaning forward decreases the stress placed upon the tricep and increases chest activation. Focus on the task at hand, keep your torso chest up, and fell the three-headed beast.**

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## TRICEP KICKBACKS



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# YOUR WEAPON'S VAULT

## TRICEP KICKBACKS

### EXERCISE GUIDE:

1. Grab a dumbbell in one arm and bend over so your torso is almost parallel to the ground. You can grab onto a bench or a weight rack with your free arm for support.
2. Keep your elbow close to your body and elevate your upper arm so that it is parallel to the ground.
3. Bend your elbow until your forearm is perpendicular to your upper arm. This will be your starting position.
4. Extend your arm at your elbow and rotate your forearm outward so your pinky faces away from your body.
5. Flex for one second before returning the dumbbell to the starting position.
6. Repeat for the desired number of reps before switching arms.

### COMMON MISTAKES:

1. Rocking. If you are rocking, you are using secondary muscles beyond the scope of the move. You may be moving your shoulder which can put you at risk for injury and remove tension from the tricep. Remain steady, even as your shoulder burns, and attack the tricep head on.
2. Using a weight that is too heavy. To optimally target the lateral and medial heads, you will need to hold your upper arm and shoulder steady. Far too often do young, would be heroes sacrifice form for the glory of a heavy weight. You may be able to move the weight, but the arm lever can only accommodate so much weight in this position. Choose a moderate weight and focus on form. Remember, the goal isn't to simply move weight. Like Hercules as he approached the snarling heads of the hell hound, we need to be strategic.

# BECOME THE BEAST MASTER

Now that you know the monster which lurks behind you and the weapons at your disposal, you are ready to enter battle. Utilize the two workouts below twice per week, at least 3 days apart. If your triceps are a weak point, make sure to perform these workouts before your chest workout for optimal growth.

## WORKOUT #1

EXERCISE - Every 2 movements are Super Sets.					
	Sets	Set 1 & 2 Reps	Set 3 & 4 Reps	Set 5 & 6 Reps	Rest
Close Grip Bench	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	0 Sec.
Tricep Kickback	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	20 sec.
Skullcrusher (Long Head)	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	0 sec.
Trice Pushdown (V Bar)	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	20 sec.



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# BECOME THE BEAST MASTER

## WORKOUT #2

EXERCISE - Every 2 movements are Super Sets.					
	Sets	Set 1 & 2 Reps	Set 3 & 4 Reps	Set 5 & 6 Reps	Rest
Tricep Dips	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	0 Sec.
Neutral Grip Skullcrusher	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	20 sec.
Tricep Rope Pushdown	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	0 sec.
Cable Tricep Kickback	6	16 reps at 60%	10 reps at 75%	12 reps & Failure at 70%	20 sec.



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