

TRICEPS

2.0

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WORKOUT METHODOLOGY

BAND PRESSDOWN

EXERCISE GUIDE:

1. Attach a band to a sturdy object above your head. A common choice is a power or squat rack.
2. Grab the band with each arm at an appropriate height. If the resistance is too low, move your arms up. If the resistance is too high, move your arms down. This will be your starting position.
3. Keeping your elbows to your side, extend your elbows until your arms are fully extended.
4. Flex your triceps before slowly returning to the starting position.
5. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

Moving too quickly. The band is a great tool in a weight lifter's arsenal. It provides variable tension in a tool that can be carried with you. However, if you perform the movement too quickly, you will use the elasticity to perform the movement while removing the tension from your triceps.

WORKOUT METHODOLOGY

DECLINE CLOSE GRIP BENCH PRESS

EXERCISE GUIDE:

1. Set up a bench in the decline position. Place the desired amount of weight on the bar.
2. Position yourself with hands closer than shoulder width and underneath the bar. This will be your starting position.
3. Keeping your elbows at your side, slowly lower the weight to the bottom of your chest.
4. Pause at the bottom and then push up with your triceps.
5. Return to the starting position and repeat for the desired amount of sets and reps.

COMMON MISTAKES:

Bouncing the weight off your chest. This is a problem with many weightlifters who opt for heavy weights instead of a weight they can control. Slowly lower the weight to your chest and pause momentarily. Focus on the muscle you are activating to maximize your response instead of going through the motions.

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DECLINE CLOSE GRIP BENCH PRESS



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INSTABILITY DIAMOND PUSHUPS

EXERCISE GUIDE:

1. Grab a medicine ball and bring it to an open space.
2. Make a diamond with your hands with your thumbs touching. Place your hands on the medicine ball.
3. Enter plank position with your body in a straight line and the medicine ball beneath you. This will be your starting position.
4. Slowly lower your body until your chest is just above the medicine ball.
5. Return to the starting position and repeat for the desired amount of sets and reps.

COMMON MISTAKES:

Flaring out your elbows. Your arms will tend to flare outwards which removes stress on your triceps. Focus on keeping your elbows pointed straight backwards to maximally work your triceps.

WORKOUT METHODOLOGY

UNDERHAND TRICEP KICKBACK

EXERCISE GUIDE:

1. Grab a dumbbell in each hand with your palms facing forwards.
2. Slowly bend at your hips until your torso is almost parallel with the floor. Hold your upper arms against your body with your forearms perpendicular to your torso. This will be your starting position.
3. Keep your upper arms against your sides as you extend your elbow.
4. Extend your forearms until they form a straight line with your torso.
5. Return the weight to your starting position. Repeat for the desired amount of sets and reps.

COMMON MISTAKES:

Moving your upper arms from your body. It is easy to use momentum during this exercise. Your body will naturally sway back and forth, decreasing the effectiveness of the workout. Stay rigid and focus on keeping your upper arms planted against your body. This will help you put the focus on the tricep during the entirety of the exercise.

ADVANCED TRICEP WORKOUT

WORKOUT DAY 1

Exercise	Week 1	Week 2	Week 3	Week 4
Close Grip Decline Bench Press	5 x 5	3 x 10	5 x 8	4 sets of 12 1 set with 1 drop set to failure
EZ bar skull crushers	3 sets of 12	4 sets of 10	4 sets of 12	3 sets of 20 1 set with 1 drop sets to failure
Band Press downs	3 sets of 12	4 sets of 10	4 sets of 12	4 sets of 20 (2 second eccentric, 2 second concentric)
Underhand Tricep Kickback	3 sets of 12	4 sets of 10	4 sets of 12	4 sets of 20



ADVANCED TRICEP WORKOUT

WORKOUT DAY 2

Exercise	Week 1	Week 2	Week 3	Week 4
Close Grip Decline Bench Press	3 sets of 12	4 sets of 10	4 sets of 12	4 sets of 12 1 set of same weight to failure
Dumbbell skull crushers	3 sets of 12	4 sets of 10	4 sets of 12	3 sets of 20 1 set with 1 drop sets to failure
Tricep V Bar Press downs	3 sets of 12	4 sets of 10	4 sets of 12	3 sets of 20 1 set with 1 drop set to failure
Diamond Instability Pushups	3 sets 12	4 sets to 12	4 sets of 15	5 sets to 20

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