



Robyn Dey RMT
Massage Therapy

Triceps Strengthening: Tricep Press

Start lying on your back with arms raised 90° and holding a weight in the hand. Bend your elbow so the weight is over your head and elbows are close together. Then straighten and bend your elbow (lift and lower the weight) to strengthen the triceps concentrically and eccentrically.



Triceps Strengthening: Tricep Dips

Start by placing both palms down on the seat surface of a stable chair or table. Supporting your body weight with your arms rather than your legs. Slowly lower your body by bending your elbows (eccentric triceps) and lift your body up again by straightening your elbows (concentric triceps). Keep chest out, make sure shoulders don't go forward.





Robyn Dey RMT
Massage Therapy

Triceps Strengthening: Tricep Kick Backs

In a standing or forward bent posture, using a hand weight, straighten elbow by pushing it against resistance. Keep your elbows at your body. Use your knee to stabilize so can lean forward and get upper fibres of triceps to work.

