

Personal Training by Robert J. Bovee

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SEATED TRICEP EXTENSION (Dumbbell)

A. Emphasis. The primary muscles stressed in this movement are the muscles in the back of your upper arm (triceps – long and medial head). The secondary muscles stressed are the muscles in your forearms and bicep.

B. Starting Position. Sit straight up and down with your back flat against the back support. Back support should not be higher than your shoulders. Grip a dumbbell with your hands flat on the under side of the dumbbell. Index finger and thumb of both hands should make a triangle. Place dumbbell behind you head with your elbow in line with your hands.

C. Movement. Raise the dumbbell until your arms are straight keeping the dumbbell handle vertical to the floor (your arms are slightly angled back). Contract your triceps hard. Take **2 to 3** seconds to lower the dumbbell down to behind your head before repeating the movement.

D. Training Tips.

- 1) Keep your elbows in at by your ears during the entire movement. As your elbows move away from your body your lats and shoulders will come into play, you will no longer be isolating your triceps.

E. Options.

- 1) This movement can be performed with and EZ Curl Bar to relieve some stress in your elbows.
- 2) This movement can also be performed individually with a dumbbell in each hand.

F. Warning Tips.

- 1) **Do not** lock out your elbows in the extended position. Failure to do so can result in injury to your elbows.
- 2) **Do not** lower the bar any faster than **2 to 3** seconds. You must stay in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.