

# *Personal Training by Robert J. Bovee*

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## **DUMBBELLTRICEP KICKBACK**

**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.** . Place your left knee on a flat bench and place your right hand approximately **2** to **2 ½** feet ahead of your knee. Place your right foot approximately **6"** away from the bench. Grab a dumbbell in your left hand with your upper arm parallel to the floor, palms facing your body and your elbow at **90** degrees. Your shoulders should be "square" to the floor.

**C. Movement.** Extend your arm back until your elbow is straight. Take **2** to **3** seconds to lower the dumbbell down until your elbow is at or slightly past **90** degrees. Continue this movement for the assigned number of movement. Repeat this movement with the left arm.

### **D. Training Tips.**

- 1) Keep your elbow in at your sides 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.
- 2) Keep your upper arm parallel to the floor. If you raise your elbow your shoulder will come into play.

### **E. Options.**

- 1) This movement can be performed with your thumbs facing in or out.
- 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** raise either shoulder higher than the other shoulder. This will cause excessive stress in your lower back and shoulder
- 3) **Do not** lower the dumbbell 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.