

Health, fitness, lifestyle

# TAYLAKFITNESS TRICEPS EXERCISE GUIDE

Workout because you love your body, not  
because you hate it.

---

***By Tayla Keating***

---

[www.taylakfitness.co.uk](http://www.taylakfitness.co.uk)

# CONTENTS

---

Warm up	01
Tricep pull downs	02
Single arm tricep pulldown	03
Overhead dumbbell tricep extension	04
Tricep kickbacks	05
Barbell tricep extension	06
Scull crushers	07
Tricep dips	08

# STRETCHING AND WARMUPS



---

## Don't forget to warm up and cool down!

Dynamic stretching and static stretching are two different types of stretching techniques.

### Dynamic Stretching:

Dynamic stretching involves active movements, typically incorporated into warm-up routines before engaging in more intense physical activity. It helps joint range of motion, blood flow and reduced risk of injury.

Here are examples of dynamic stretches:

- Leg Swings: Swing one leg forward and backward in a controlled manner.
- Arm Circles: Rotate your arms in circular motions to warm up the shoulder joints.
- High Knees: March in place, lifting your knees towards your chest.
- Hip Circles: Rotate your hips in circular motions to improve hip flexibility.
- Jumping Jacks: Perform jumping jacks to engage multiple muscle groups and elevate your heart rate.

### Static Stretching:

Static stretching involves holding a stretch for an extended period, typically 15–60 seconds. It aims to improve overall flexibility, relaxes the muscle and elongate muscles. Static stretches are often performed after a workout during the cooldown phase.

Here are examples of static stretches:

- Hamstring Stretch: Sitting or standing, reach toward your toes, holding the stretch.
- Chest Opener: Clasp your hands behind your back and straighten your arms to open up your chest.
- Quad Stretch: Stand on one leg, bringing your heel towards your glutes, and hold the stretch.
- Calf Stretch: Place one foot behind you, keeping the heel on the ground, and lean forward to stretch the calf.
- Triceps Stretch: Bring one arm overhead and reach down your back, gently pulling on your elbow with the opposite hand.

Static stretching helps relax muscles, improve flexibility, and enhance overall range of motion. It's beneficial for

# TRICEP CABLE PULL DOWNS

## ▼ Tricep Cable Pulldown (Rope or Bar Attachment)

### Setup

- Attach a rope or straight/EZ bar to a high pulley
- Stand facing the machine with a shoulder-width stance
- Grab the attachment with a firm grip, elbows tucked close to your sides
- Start with your elbows bent, forearms parallel to the floor
- Keep your core tight and upper body still (no leaning)

### Form

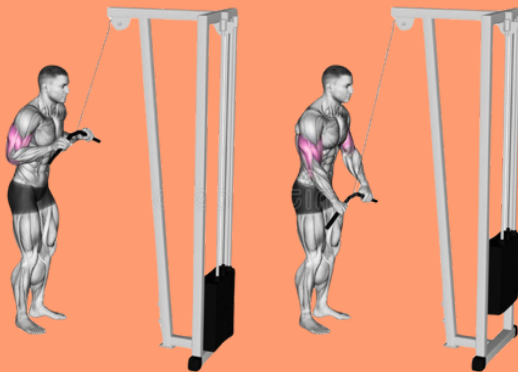
- Press the rope or bar straight down by extending your elbows
- Focus on only moving your forearms — your upper arms should stay locked in place
- At the bottom, fully extend your arms and squeeze your triceps
- Slowly return to the starting position with control

### Tips

- Don't flare your elbows — keep them tight to your body
- Avoid using momentum — this is all about form and tension
- For the rope: pull the ends apart slightly at the bottom for more activation
- Exhale as you push down, inhale on the way back up

### 🔄 Variations:

- Rope Pulldown: Allows for more range and separation at the bottom
- Straight Bar: Slightly more stable, often lets you use more weight
- V-Bar: Comfortable wrist position, good balance between rope and bar



# SINGLE ARM TRICEP PULLDOWN

---

## ▼ Single-Arm Tricep Pulldown (Cable Machine)

### Setup

- Attach a single handle to a high pulley on a cable machine
- Stand tall with a slight bend in your knees and core engaged
- Grab the handle with an underhand (or neutral) grip – whichever feels better for your wrist
- Start with your elbow bent at about 90°, tucked close to your side

### Form

- Extend your arm downward, straightening your elbow until your arm is fully extended
- Keep your elbow locked in place – only the forearm should move
- Squeeze your tricep at the bottom, then slowly return to the starting position
- Keep constant tension on the muscle throughout the movement

### Tips

- Don't let your elbow drift forward – keep it pinned to your side
- Use a lighter weight for better control and full range of motion
- Exhale as you push down, inhale as you return
- Excellent for focusing on mind-muscle connection and fixing imbalances between arms
- Can be done with palms facing down (overhand), neutral grip, or even reverse (underhand) – choose what hits your triceps best



# OVERHEAD DUMBBELL TRICEP EXTENSION

---

## Overhead Dumbbell Tricep Extension

### Setup

- Hold one dumbbell with both hands by the inner plate or handle, forming a diamond shape with your palms
- Lift the dumbbell overhead, arms fully extended, with elbows close to your ears
- Stand tall or sit on a bench with back support
- Keep your core engaged and spine neutral

### Form

- Lower the dumbbell behind your head by bending only at the elbows
- Keep your upper arms stationary — elbows pointing straight up
- Go as low as comfortable (you should feel a stretch in your triceps)
- Press the dumbbell back up by extending your elbows, squeezing your triceps at the top

### Tips

- Don't flare your elbows — keep them tucked to isolate the triceps
- Move in a slow and controlled manner to avoid using momentum
- Avoid arching your lower back — brace your core
- You can also perform this exercise seated for more stability



# TRICEP KICKBACKS

---

## Tricep Kickback (Dumbbell)

### Setup

- Hold a dumbbell in each hand (or one at a time)
- Stand with your feet hip-width apart, knees slightly bent
- Hinge forward at the hips until your torso is almost parallel to the floor
- Keep your back flat and elbows tucked close to your sides
- Your upper arms should be parallel to the floor, elbows bent at 90°

### Form

- Extend your arms straight back by straightening your elbows
- Keep your upper arms stationary — only your forearms should move
- Squeeze your triceps at the top of the movement
- Slowly return to the starting position without swinging

### Tips

- Use light to moderate weight — it's all about form and control, not max weight
- Avoid letting your elbows drop — keep them locked in place for full triceps activation
- Exhale as you extend, inhale as you return to the start
- For more stability, place one knee and hand on a bench and perform single-arm kickbacks



# BARBELL TRICEP EXTENSION

---

## Y Barbell Tricep Extension (Lying Barbell Skull Crusher)

### Setup

- Lie flat on a flat bench with a barbell held above your chest, arms fully extended
- Use an overhand grip, hands about shoulder-width apart
- Start with the bar directly over your shoulders
- Keep your elbows tucked — pointed straight up, not flaring out

### Form

- Bend only at the elbows, slowly lowering the bar toward your forehead or slightly behind your head
- Stop just before the bar reaches your forehead — maintain tension and control
- Press the bar back up by extending your elbows, focusing on squeezing your triceps
- Keep your upper arms still and perpendicular to the ground the entire time

### Tips

- Keep your elbows tight and don't let them drift outward
- Lower the bar with control to prevent strain or injury (or hitting your face!)
- Try lowering the bar just behind your head for a greater stretch in the triceps
- Avoid arching your lower back — keep your core tight and feet planted
- Use a spotter if going heavy, especially with a straight barbell

### ✓ Pro Tip:

You can also use an EZ-bar if a straight bar causes wrist discomfort — it's easier on the joints and still highly effective!



# SCULL CRUSHERS

---

## Skull Crushers (Lying Triceps Extensions)

### Setup

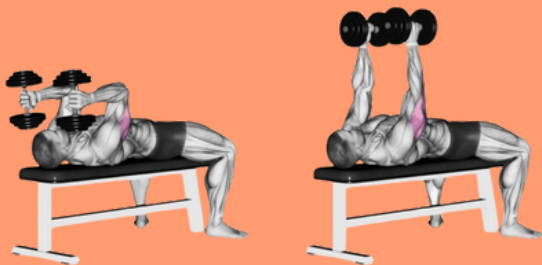
- Lie flat on a bench with your feet planted firmly on the ground
- Hold an EZ-bar, straight barbell, or dumbbells with an overhand grip
- Extend your arms straight up over your shoulders — elbows pointing forward, not flared out
- Keep a slight bend in your elbows to avoid locking out

### Form

- Lower the weight slowly toward your forehead or just behind your head by bending at the elbows
- Keep your upper arms stationary — only your forearms should move
- Stop just before the bar reaches your forehead (or head), keeping full control
- Press the weight back up by extending your elbows, squeezing your triceps at the top

### Tips

- Keep your elbows tucked to isolate the triceps — avoid letting them drift outward
- Lower the weight under control to avoid hitting your head (hence the name 😊)
- You can lower behind your head slightly for a better triceps stretch
- Works well with EZ-bar, dumbbells, cables, or a barbell
- Great to superset with close-grip bench press for a serious tricep pump



# TRICEP DIPS

## 👉 Tricep Dips

### Option 1: Bench or Box Dips (Beginner to Intermediate)

#### Setup

- Sit on the edge of a bench or box with hands placed just outside your hips, fingers pointing forward
- Extend your legs forward with a slight bend in the knees, or keep them straight for more challenge
- Slide your hips off the edge so your body is supported by your arms

#### Form

- Bend your elbows to lower your body toward the ground, keeping your back close to the bench
- Go as low as is comfortable — ideally until your upper arms are parallel to the ground
- Press through your palms to extend your arms and return to the top
- Keep your elbows pointing backward, not flared to the sides

#### Tips

- Keep your shoulders down and away from your ears
- The closer your feet are to you, the easier it will be
- Don't lock out your elbows at the top — stay controlled
- Great for beginners or as a burnout set

### 👉 Option 2: Parallel Bar Dips (Advanced)

#### Setup

- Grab parallel bars and lift yourself up so arms are straight and body is vertical
- Cross your ankles or keep your legs straight for balance
- Keep your torso upright to target the triceps more

#### Form

- Lower your body by bending the elbows, keeping them tight to your sides
- Stop when your elbows form about a 90° angle or just below
- Press yourself back up by pushing through your palms and extending your elbows
- Avoid leaning too far forward (that shifts emphasis to chest)

#### Tips

- Keep your core engaged and body tight
- Don't flare your elbows — this keeps tension on the triceps
- Add a dip belt for extra resistance once bodyweight becomes easy
- Excellent for building upper body pushing strength

