

general workout/w triceps

Equipment: Bodyweight, Tubing/Bands

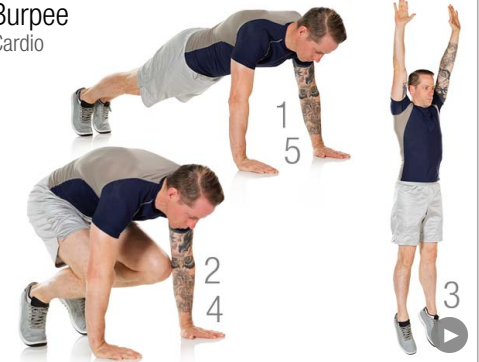
Run Cardio



- Run in an upright position, swinging your arms by your sides.
- Concentrate on both your stride length and your stride frequency.
- Your hand should swing up to about shoulder height in front and back down to your hip.

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Burpee Cardio



- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight position.

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Crab Kick Cardio



- Sit on the floor with your feet flat, knees bent and your hands slightly behind your back on the floor.
- 1 - Raise your hips off the floor, resting on your hands and feet and kick one foot straight up in front.
- 2 - Lower and kick the other foot up in front.
- Continue kicking your feet up in an alternating pattern.
- Alternate sides with each kick.

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Towel Mountain Climber Cardio



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind with both feet on towels.
- 2 - Alternate sliding your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

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Plank Jacks Cardio



- 1 - Support your body on your toes and hands with your arms straight, back flat and your feet together.
- 2 - Jump your feet out wide to the sides, keeping your hands stationary.
- 3 - Jump your feet back in together to the middle.
- Continue rapidly jumping your feet out wide and back in.

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Bench Hop Over

Cardio



- 1 - Stand to the side of a bench with your hand on the middle of the bench.
- 2 - Hop up and over to the other side, keeping your hands on the bench.
- 3 - Hop back over to the starting side and continue hopping over and back.

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Triangle Shuffle

Cardio



- Place 3 markers or cones on the floor about 10 yards apart in the shape of a triangle.
- 1 - Starting at one marker, sprint forward to the first cone, dropping your hips to touch it.
 - 2 - Backpedal to the second cone behind.
 - 3 - Side shuffle to the third cone.
- Repeat this sequence for the required time or reps.

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Split Squat Jumps

Cardio



- Stand upright with your feet split front to back with your arms at your sides.
- 1 - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg and hands nearly touching the floor.
 - 2 - Push off the front foot and jump up off the floor, switching your feet in the air and reaching your arms fully overhead.
 - 3 - Land in a split squat position with the other foot in front and immediately jump again.
- Alternate your feet with each rep.

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Close Push Up

Triceps



- 1 - Support your body on your toes and hands with your hands touching each other in the middle under your chest and your elbows bent.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position, keep your back flat and your hips in line with your shoulders throughout.

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Dip

Triceps



- 1 - Support your body between dip bars with your arms straight and feet off the floor.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push back up to a straight arm position.

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Bench Dip

Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

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Feet Up Bench Dip

Triceps



- 1 - Place your palms on a bench behind you and your heels on a bench in front with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the straight arm position.

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Uni Side Push Up

Triceps

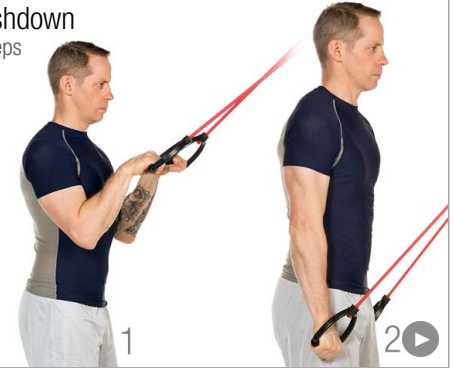


- 1 - Lie on your side with your legs stacked one on top of the other with your top hand on the floor and your other hand across your chest on your opposite shoulder.
 - 2 - Push into the floor with your hand, straightening your arm and raising your upper body off the floor.
- Lower and repeat.
 - Complete all reps on one side before switching to the other side.

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Pushdown

Triceps

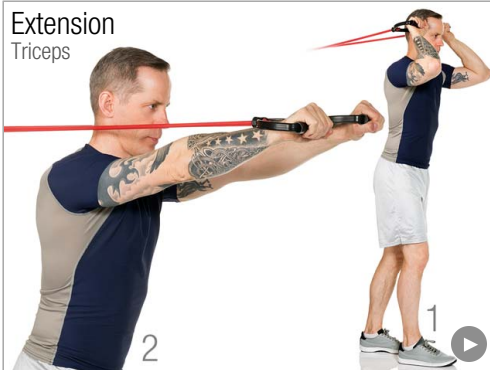


- 1 - Stand upright holding the handles at chest level with your elbows bent.
 - 2 - Push the handles down, fully extending your arms and keeping your shoulders steady and elbows close to your sides.
- Finish with your hands at the top of your thighs in the downward position.

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Extension

Triceps

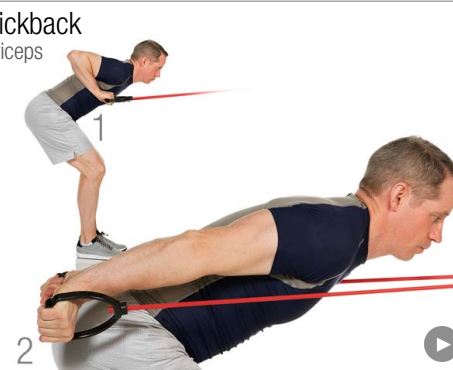


- 1 - Stand upright holding the handles at the sides of your head with your elbows bent.
 - 2 - Straighten your arms out in front, keeping your shoulders steady.
- Bend at the elbows, returning the handles to the start position.

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Kickback

Triceps



- 1 - Bend forward at your waist with your knees slightly bent and your back flat, holding the handles with your elbows bent at 90 degrees.
- 2 - Straighten your arms back and up, keeping your shoulders steady and your back flat.

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Extension

Triceps

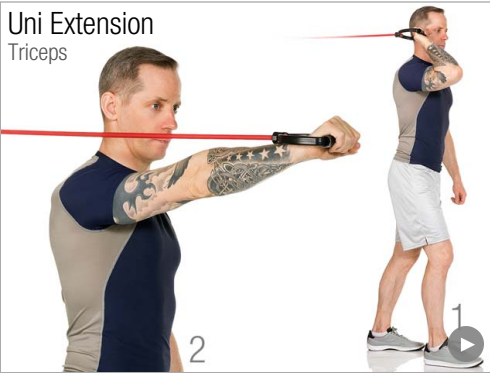


- 1 - Sit upright holding the handles in both hands overhead with your arms straight and your hands close together and the tubing wrapped under the bench or chair.
- 2 - Press the handles up until your arms are straight overhead.

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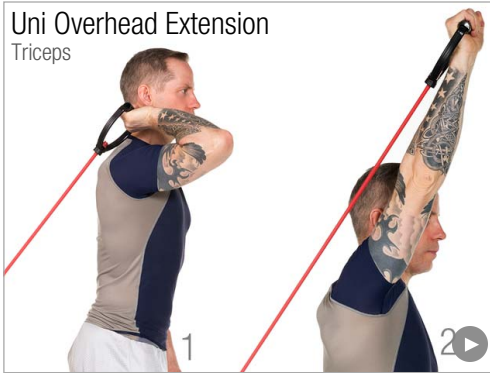
Uni Extension Triceps



- 1 - Stand upright holding a handle at the side of your head with your elbow bent.
 - 2 - Straighten your arm out in front, keeping your shoulder steady.
- Bend at the elbow, returning the handle to the start position, keeping your shoulder steady throughout.
 - Complete all reps on one side before switching to the other side.

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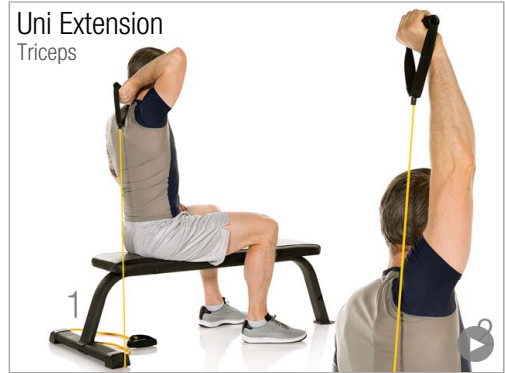
Uni Overhead Extension Triceps



- 1 - Stand upright holding a handle behind your head in one hand with your elbow bent.
 - 2 - Straighten your arm up overhead, keeping your shoulder steady.
- Bend at the elbow, returning the handle to the start position.
 - Complete all reps on one side before switching to the other side.

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Uni Extension Triceps



- 1 - Sit upright holding one handle behind your head with your elbow bent and the tubing wrapped under the bench or chair.
 - 2 - Raise the handle up overhead, extending your arm fully.
- Complete all reps on one side before switching to the other side.

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Double Extension Triceps



- 1 - Stand upright holding a tube behind your head with one hand in your lower back and the other at base of your neck.
 - 2 - Press one hand up overhead while you pull the other hand down, straightening both arms.
- Complete all reps on one side before switching to the other side.

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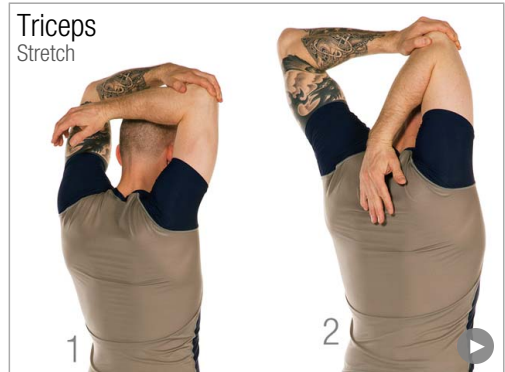
Triceps Stretch



- 1 - Hold the ends small towel behind your back with one hand at your head and one in your lower back, elbows bent.
 - 2 - Gently pull the towel down, drawing your top hand towards your upper back.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Triceps Stretch



- 1 - Stand or sit upright with one arm behind your head, bent at the elbow and the other hand on this bent elbow.
 - 2 - Gently pull the arm across and down, lowering your hand to touch your upper back.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Adductors Stretch



- Sit upright with your knees bent and feet flat.
- 1 - Draw your heels in together in front, holding your ankles.
- 2 - Place your elbows on the inside of your knees and gently push your knees out and down.

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Adductors Stretch



- 1 - Start in a semi-squat position with your feet wide apart and your hands or elbows on your knees.
- 2 - Squat lower, sending your hips back and down and slowly pushing your knees outward with your elbows.

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Calves Stretch



- Stand upright with your toes of one foot on a step or elevated against a wall or block.
- 1 - Lean your weight forward, dropping your heel and pushing into your foot.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Glutes Stretch



- Sit on the floor with one leg out in front, bent at the knee and the other leg straight out behind with your hands on the floor beside your front leg.
- 1 - Lean your upper body forward, gently pushing your hip into floor.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Glutes Stretch



- Sit on the floor with one leg straight and the other bent with your foot crossed over to the outside of the straight leg.
- Place your opposite elbow on the outside of the bent knee, turning your torso.
- 1 - Gently pull your knee across your body with your elbow as you look to the other side.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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Hamstrings Stretch



- 1 - Sit upright with your legs spread apart as wide as possible and your arms straight out in front.
- 2 - Reach your arms forward towards your feet as far as possible, keeping your legs straight.

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Quadriceps Stretch



- 1 - Kneel on the floor with your legs and feet together.
 - 2 - Lean backwards, lowering your buttocks to your heels and placing your hands on the floor.
- Use your arms to take your weight so as not to place too much stress on the knees.

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Spiderman Lunge Stretch



- 1 - Start in the top position of a push up with your arms straight.
 - 2 - Step one foot forward to your hand, bending at the knee.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

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