

EXERCISE Incline Triceps Extension

OF THE MONTH

Start Position



How to Perform

Begin with holding a barbell with palms facing down. Lie back on an inclined bench. Bring the bar overhead with arms fully extended.

End Position



How to Perform

Keeping your core tight, move the bar back behind your head. Return to starting position.

Muscle Groups Exercised



Coaching Tips

- ✓ Keep upper arms stationary at all times
- ✓ Upper arms should be as close to your head as possible
- ✓ Only your forearms move
- ✓ Remember to breath

** See your PFT for alternative exercise variations and equipment*

ACSM Guide for Optimal Enhancement			
Goal	Load (% of 1RM)	No. of Reps	No. of Sets
Muscular Strength	60-70%	8-12	1-3
Muscular Power	0-60%	3-6	1-3
Muscular Hypertrophy	70-85%	8-12	1-3
Muscular Endurance	≤70%	10-25	2-4