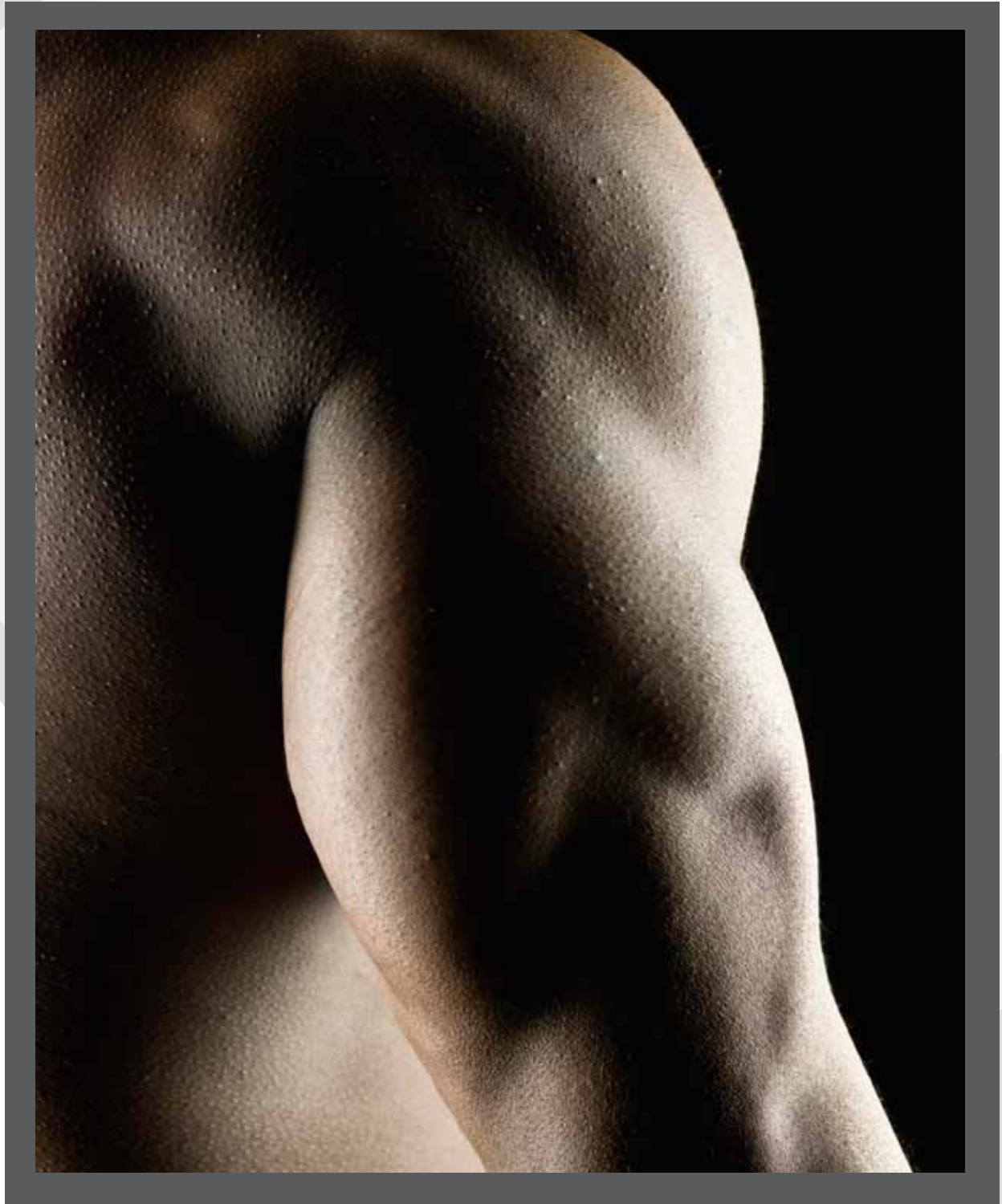




TOTAL
Triceps



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1

TRICEPS BRACHII

Standing on the Band Bent-Over Two-Arm Kickbacks x15 Reps



START

Stand on the Ripcords® with feet shoulder width apart, grip one Ripcords® handle in each hand and slightly lean forward from the waist, maintaining a straight spine. Bend both elbows and hold the upper arm horizontally alongside the body with the palms facing upward.



FINISH

Keeping the upper arms in a fixed position alongside the body, press both hands backward until the handles are fully extended behind the body. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

2

TRICEPS BRACHII

Standing on the Band 2-Arm Overhead Extension x15 Reps



START

Stand on the Ripcord® with feet shoulder width apart. For less resistance, stand in a split stance and only use one foot to stand on the Ripcord®. Grip one Ripcord® handle in each hand and bring both hands and elbows up behind your head and neck with your elbows pointing upward and your hands pointing down.



FINISH

Stabilize your core by tightening your midsection, then straighten your arms overhead directly above the shoulders and focus on keeping your elbows pointing upwards throughout the movement. Return to starting position and repeat.

3 *TRICEPS BRACHII*

High Door Hook 1-Handle One-Arm Palm-down Triceps Press



START

Attach the Door Hook to the high-position on the Door. Facing the door, stand with your feet hip width apart. Grip both Ripcords handles in the right hand with the palm facing downward, and slightly bend forward from the hips towards the door. Bring the right elbow to the side of your body and keep the arm fixed in this position through the movement.



FINISH

Press downward with the right arm until the hand reaches the right thigh. Keep the elbow at the side of the body throughout the movement and focus on feeling the triceps muscles at the back of the arm. Return to starting position and repeat. After completing the set on your right side, repeat on the left side.

4

TRICEPS BRACHII

**High Door Hook 1-Handle One-Arm Palm-up Press-down
x12 Reps****START**

Attach the Door Hook to the high-position on the Door. Facing the door, stand with your feet hip width apart. Grip both Ripcords handles in the right hand with the palm facing upward, and slightly bend forward from the hips towards the door. Bring the right elbow to the side of your body and keep the arm fixed in this position through the movement.

**FINISH**

Press downward with the right arm until the hand reaches the right thigh. Keep the elbow at the side of the body throughout the movement and focus on feeling the triceps muscles at the back of the arm. Return to starting position and repeat. After completing the set on your right side, repeat on the left side.

5

TRICEPS BRACHII

Standing on the Band 1-Handle One-arm Overhead Extension x12 Reps



START

Stand on the Ripcords with your feet shoulder width apart. Grip both Ripcords handles in the right hand and elbow up behind your head and neck. Keep the elbow pointing upward and close to the right ear. The left hand can rest beside the left leg or support the left elbow from moving.



FINISH

Stabilize your core by tightening your midsection, then straighten your right arm overhead directly above the shoulder and focus on keeping your elbow close to your right ear throughout the movement. Return to starting position and repeat. After completing the set on your right side, repeat on the left side.

6

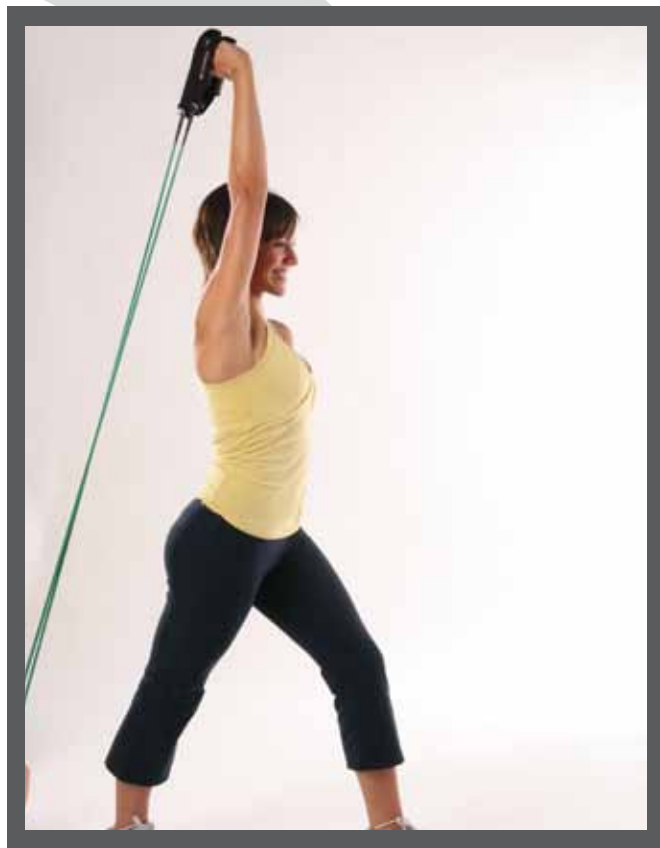
TRICEPS BRACHII

Low Door Hook One-arm Overhead Triceps Extension x20 Reps



START

Attach the Door Hook to the low-position on the Door. Grip both Ripcords® handles in the right hand and bring the right hand and elbow up behind your head and neck. Keep the elbow pointing upward and close to your left ear. The left hand can rest beside the left leg or support the right elbow from moving.



FINISH

Stabilize your core by tightening your midsection, then straighten your right arm overhead directly above the shoulder and focus on keeping your elbow close to the right ear throughout the movement. Return to starting position and repeat. After completing the set on your right side, repeat on the left side.

7

TRICEPS BRACHII

**Low Door Hook Bent-over 2-Arm Kickbacks
x15 Reps****START**

Attach the Door Hook to the low-position on the Door. Facing the door, stand with your feet hip width apart. Grasp one Ripcords® handle in each hand with the palms facing upward, and slightly bend forward from the hips towards the door. Bring the elbows to the sides of your body and keep them fixed in this position throughout the movement.

**FINISH**

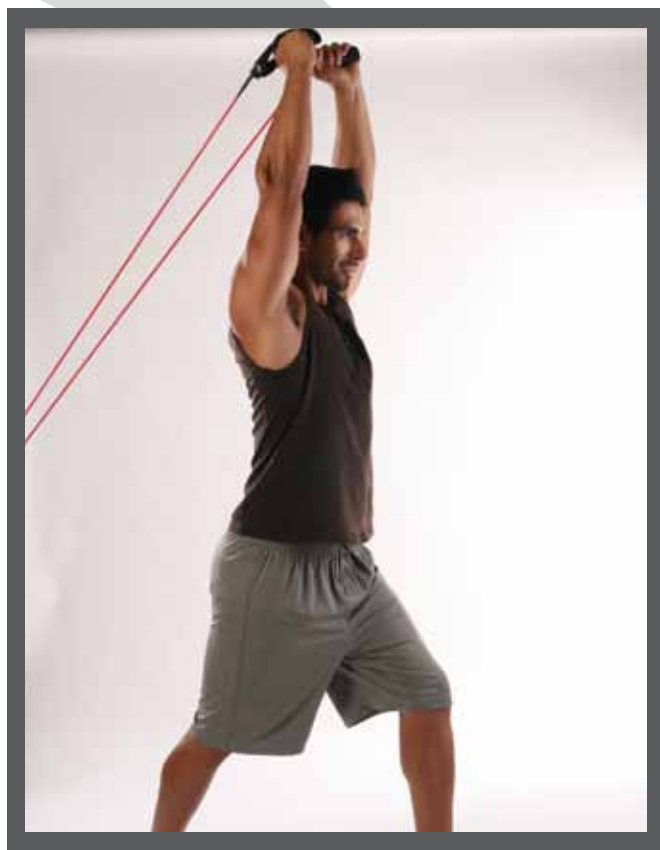
Press down and back with both arms until they are behind the body and fully extended. Keep the elbows at the sides of the body throughout the movement and focus on feeling the triceps muscles at the back of the arms. Return to starting position and repeat.

8

TRICEPS BRACHII

**Low Door Hook 2-Arm Overhead Extension
x15 Reps****START**

Attach the Door Hook to the low position on the door. Grasp one Ripcords® handle in each hand with your back facing the Door Hook and stand approximately 1-2 feet away from the door. Stand in a split stance with your left foot forward maintaining a straight spine. Bend both elbows and hold the upper arm horizontally alongside the body with the palms facing downward.

**FINISH**

Keeping the upper arms in a fixed position alongside the body, press both hands upward until the handles are fully extended above the body. Keep the core muscles tight throughout the exercise. Return to starting position and repeat.

9

TRICEPS BRACHII

**High Door Hook 2-Arm Palm-down Press-down
x20 Reps****START**

Attach the Door Hook to the high-position on the Door. Facing the door, stand with your feet hip width apart. Grasp one Ripcords® handle in each hand, the palms facing downward, and slightly bend forward from the hips towards the door. Bring the elbows to the sides of your body and keep them fixed in this position throughout the movement.

**FINISH**

Press downward with both arms until the hands reach the upper front thighs. Keep the elbows at the sides of the body throughout the movement and focus on feeling the muscles at the back of the arms. Return to starting position and repeat.

10

TRICEPS BRACHII

High Door Hook 1-Handle One-Arm Cross-body Press-down**START**

Attach the Door Hook to the top-position on the Door. Grasp both Ripcords® handles in the right hand, stand with your feet hip width apart, your left shoulder facing the door hook, and your body angled away from the door. Keep your left arm resting at the side and bring your right arm in front of the left shoulder at shoulder height.

**FINISH**

Press the right arm down and across the body towards the front right hip. Keep the upper right shoulder and arm fixed throughout the movement to target the tricep muscles. Return to starting position and repeat. After completing the set on your right side, repeat on the left side.

11

TRICEPS BRACHII

**High Door Hook 2-Arm Palm-up Press-down
x20 Reps****START**

Attach the Door Hook to the high-position on the Door. Facing the door, stand with your feet hip width apart. Grasp one Ripcords® handle in each hand, palms facing upward, and slightly bend forward from the hips towards the door. Bring the elbows to the sides of your body and keep them fixed in this position throughout the movement.

**FINISH**

Press downward with both arms until the hands reach the upper front thighs. Keep the elbows at the sides of the body throughout the movement and focus on feeling the muscles at the back of the arms. Return to starting position and repeat.



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