

ANATOMY OF THE TRICEPS



@healthbykilo

LONG HEAD

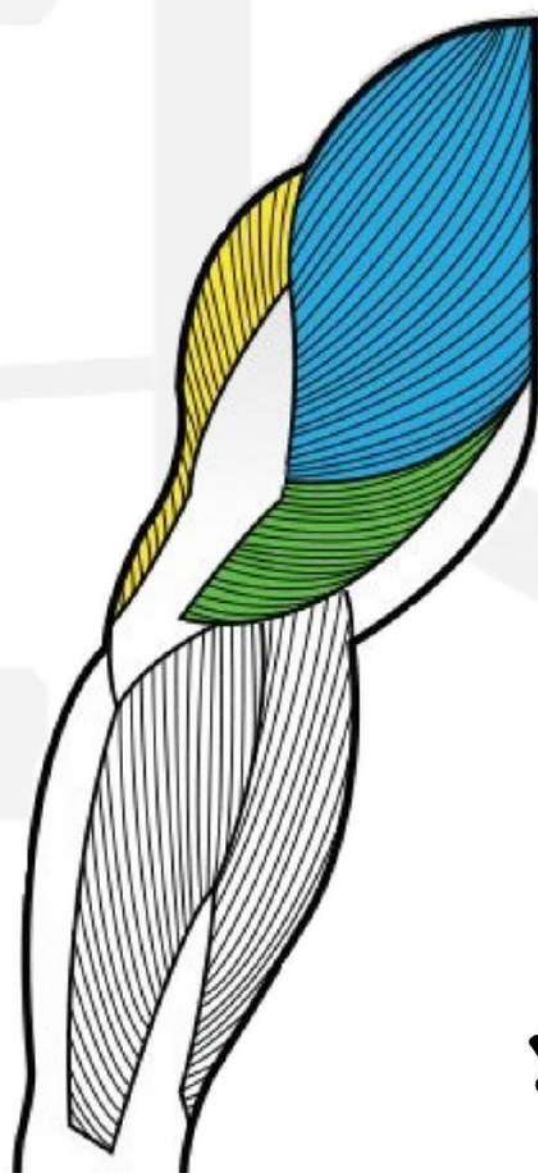
Best worked with arms overhead.

LATERAL HEAD

Best worked with arms at sides and overhand grip.

MEDIAL HEAD

Best worked with arms at sides and underhand grip.



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SAVE FOR THE
FUTURE!



MEDIAL HEAD



**Reverse Grip Single Arm
Triceps Extension**



Close Grip Bench Press



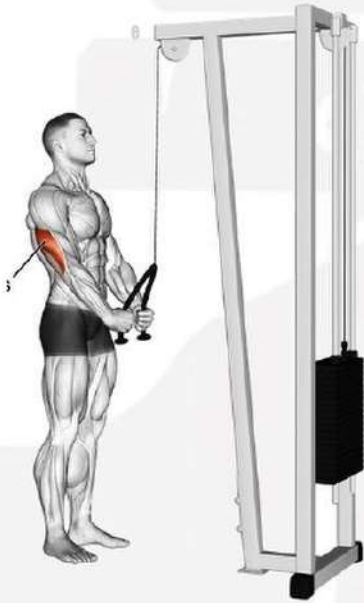
Triceps Kickbacks



**Reverse Cable
Pushdowns**



LATERAL HEAD



Rope Triceps Extension



V-Bar Triceps Extension



Triceps Dips



Seated Ez-Bar Triceps Extension

LONG HEAD



**Seated Dumbbell
Triceps Extension**



Ez-Bar Skullcrushers



**Overhead Rope
Extensions**



**Single Arm Triceps
Extension**

