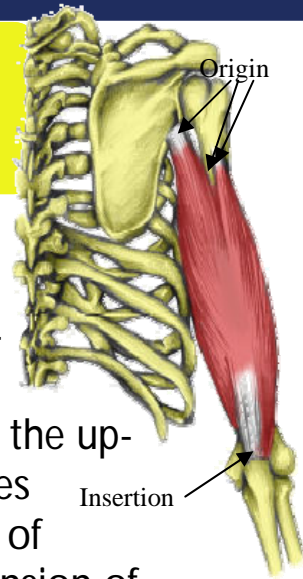




# MUSCLE OF THE MONTH

## Triceps

The tricep brachii muscle is located behind the upper arms. The triceps oppose the bicep muscle. The triceps consist of 3 heads, long, lateral and medial. The **long head** originates on the lower part of the glenoid cavity of the scapula, the **lateral head** originates on the upper half of the posterior surface of the humerus, **medial head** originates on the lower 2/3 of the posterior surface of the humerus. The insertion of the triceps is the Olecranon process of the ulna. It acts as an aid in extension of the elbow and also helps the Latissimus Dorsi in extension of the shoulder.



## EXERCISES

### Tricep Push Down



### Tricep Extension



### Pointers

#### Tricep Push Downs

1. Keep feet hip width apart, with a slight bend in your knees. Start with elbows in by your side and arms at a right angle.
2. Extend arms down straight from the elbow, ensuring your elbows are kept tucked in to your side.
3. Raise arms up to starting position, don't lift your elbows, and remember to keep your back straight throughout the exercise. Breathe out as you push down.

#### Tricep Extension

1. Standing with your back straight, knees hip width apart, and with a slight bend. Grasp the dumbbell from the top.
2. Keep your upper arms vertical the entire time. Extend your arms straight, keeping your wrists straight.
3. Return back to your start position.

Resistance training is all about keeping your muscles under tension. Always ensure your repetitions are done slowly and in a controlled manner.

Visit [www.trenchhealth.com.au](http://www.trenchhealth.com.au) for previous Muscles of the month

