

4 AWESOME TRICEP EXERCISES

Most women I know want strong, in-shape arms that look good in anything you wear. These tricep exercises are some of my favorites for women. Pick one or two of these and add to your next strength routine.

Bear Press (aka Childs Pose Pushup)

Start in child's pose. Keeping your feet on the ground, knees loose, transition into a pushup, keeping your pelvis in line with the rest of your body, elbows close to your body. Push back into child's pose. Continue reps moving as fast as you can while keeping form.

Headknockers

Lying on the floor, a bench or a stability ball (hips pressed to the ceiling for a little ab and glute work too). Hold a dumb bell at both ends. Keep arms straight, bend elbows and bring weight down to your forehead. Push back to starting position.

Plank "Up/Downs"

Start in full plank position. Lower down to your elbows one arm at a time, and then push back up into full plank position. Do this on your knees if you need to. Switch the lead arm halfway through your reps.

Tricep Pushup to Cobra Pose

A nod to a classic yoga move, this works core, chest and triceps at the same time. Start in plank position. Lower down into your push up, until your chest touches the ground. Push your torso up until your arms straighten. Roll your toes under and press back up to plank. Keep your elbows tight to your body the entire time.

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