

tricep training

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Special Feature: John Pierson
Photos by axisdzn.com



In this kinesiology segment, we are taking a look at John Pierson's Triceps routine, and the muscles in this region. I will focus on three parts of the Triceps: **Long Head, Media Head, Lateral Head.** This segment will give you some great triceps exercise to incorporate into your next routine. The exercises that we will cover are as follows:

- I. Reverse-Grip Pushdowns
- II. One Arm Overhead Extension
- III. One Arm Rope Cross Extension
- IV. Double Arm Seated Cable Kick-Backs.

In these different exercises, we will cover muscles that are emphasized (Heavy & Moderate), execution, form, muscleology, and the anatomy of each exercise. Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer if you are having any problems performing these exercises. Until, next issue's training segment, make time for your health & fitness goals. Always continue to make changes to your Mind, Body, and Spirit.

If you want your arms to look big, don't neglect your triceps. Your triceps are much larger than your biceps and you'll find that when you build up your triceps, your arms will look much bigger.

Your tricep workout routine can be done in conjunction with your bicep workout routine if you like. This will result in your arms feeling particularly pumped afterwards! You don't need to incorporate them however - you can do your biceps on a different day to your tricep workout. My suggestion is to do them both together for a few months, then for variation, change your routine so that you perform them on different days.

[great tricep training routine on the next page](#)

Muscle Anatomy: The lateral head is the first part of the tricep that you would see if you were looking at your own arm. Lateral head arises from the posterior part of the humerus, and the fibers converge towards the common tendon of insertion. Long head of the triceps originates on the scapula just beneath the shoulder joint. The muscle fibers run downwards between two other muscle portions. The medial head covers a wide area, nearly two-thirds the length of the humerus bone on the lower part of the arm. Some of the fibers run downwards, and other converge to the common tendon of insertion.

One Arm Overhead Extension

Emphasized Muscles:

Heavy Use: Long Head

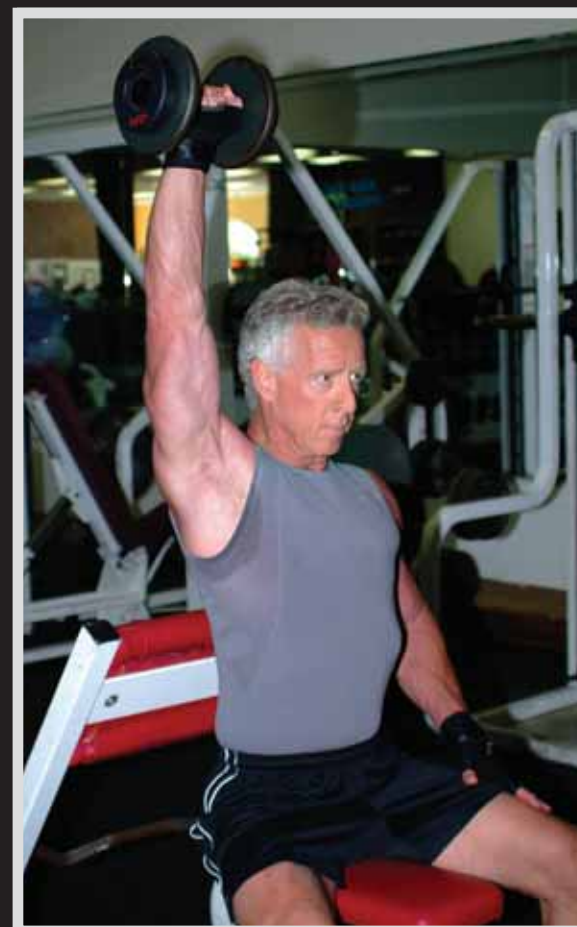
Moderate Use: Medial Head, Lateral Head

Muscle Position and Execution:

- Sit up straight with shoulders square
- Start in pre-stretched position with dumbbell close to your head
- Hold tricep with flexed tension on it
- Extend arm up over top of your head in controlled fashion
- Hands are in a pronated position facing outward
- Squeeze at the top of movement
- Come down to starting position with control

Tips and Form:

- Very important to use a weight that is not too heavy
- Exhale air at the top of movement, and do not over extend at the top
- Do reps in a controlled fashion
- Keep head up and your upper body tight



One Arm Rope Cross Extensions

Emphasized Muscles:

Heavy Use: Lateral Head

Moderate Use: Long head, Medial head

Muscle Position and Execution:

- Feet shoulder width apart, knees slightly bent
- Hands in a Neutral grip (palms facing your stomach)
- Start with arm in 90 degree bent position
- Elbow slightly out in front of the body
- Flex arm away from the body and until arm is fully extended

Tips and Form:

- Always keep a tight grip
- Do not roll your wrist, keep it tight and straight
- Do not over-rotate at the bottom of the movement
- Slight pause at the bottom of each repetition
- Great finishing movement, used towards the end of your routine



Reverse-Grip Pushdowns

Emphasized Muscles:

Heavy Use: Lateral and Medial head

Moderate Use: Long head

Muscle Position and Execution:

- Hands in a Supinated position (hands palms up)
- Feet shoulder width apart, knees slightly bent
- Keep elbows locked tight into your sides
- Arms at 90 degrees in the starting position
- Fully extend arm, pushing bar into top of leg

Tips and Form:

- Always start with a weight light enough to control
- Do movement in a controlled fashion
- Do not keep elbows so tight towards your body that the movement becomes uncomfortable
- Use slow and controlled movements, and pause at bottom of each movement



Muscleology: The triceps brachia

("tri" meaning three) have three distinct heads which are elbow extensor muscles. All three parts of the triceps: long head, medial head, lateral head, blend into one common tendon and the insertion is collated on the upper end of the olecranon process of the ulna.

Double Arm Seated Cable Kick-Backs

Emphasized Muscles:

Heavy Use: Long Head

Muscle Position and Execution:

- Look straight ahead, shoulders square
- Sit with feet shoulder width and chest on pad
- Keep torso tight and stay leaned forward
- Keep head down slightly
- Keep arm at 90 degrees in the starting position

Tips and Form:

- Always keep your shoulder square
- Make sure to keep the top part of your arm in a fixed position
- Do not over rotate wrist at the top of the movement
- At the top of each movement, squeeze and lift the whole arm slightly to increase emphasis on the long head of the tricep

