

BACK, TRICEPS, DELTOIDS

TRIPCEP DIPS



1. Find 2 solid parallel objects (bars). Place hands on each one and begin with your arms straight.

2. Lower until there is a slight bend in the elbows and then push back up.

LYING TORSO RAISES



1. Start on your stomach with your hands stretched out in front of you or on top of your head.



2. Raise your arms, chest and legs off the ground as far as you can go and hold it there for one second before returning to the original position.

PULL UPS



1. Start with your arms shoulder width apart with your palms facing away from you.



2. While gripping the bar, pull yourself up until your chin is above the bar then lower back down.