

# 3 tricep heads exercises

## 3 Tricep Heads Exercises: Mastering the Triceps for Optimal Muscle Growth and Strength

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### Introduction:

The triceps brachii, commonly known as the triceps, comprises three heads: the long head, the lateral head, and the medial head. Understanding the unique function of each head is crucial for designing effective 3 tricep heads exercises that maximize muscle growth and strength. This article will delve into three highly effective exercises that specifically target each head, providing a comprehensive approach to triceps training. Ignoring the nuanced anatomy of the triceps often leads to incomplete development and suboptimal results. Mastering these 3 tricep heads exercises is key to achieving truly impressive triceps development.

### H1: Understanding the Three Heads of the Triceps

Before diving into the exercises, let's briefly examine the anatomy and function of each triceps head:

**Long Head:** Originating on the infraglenoid tubercle of the scapula, the long head is the only triceps head that crosses both the shoulder and elbow joints. This makes it unique in its involvement in shoulder extension and adduction, as well as elbow extension. Targeting the long head effectively often requires exercises that involve overhead movement.

**Lateral Head:** Located on the outer side of the upper arm, the lateral head is the largest of the three heads and is responsible for the majority of the

triceps' overall mass. Exercises that emphasize elbow extension with the arms positioned slightly away from the body are particularly effective for this head.

**Medial Head:** Situated beneath the lateral head, the medial head is often referred to as the "hidden" head. It's more challenging to isolate, but crucial for achieving complete triceps development. This head is involved primarily in elbow extension.

## H2: 3 Tricep Heads Exercises for Maximum Hypertrophy

Now let's explore three exercises that effectively target each of the three triceps heads:

### 1. Close-Grip Bench Press (Targeting all three heads, with emphasis on the lateral and medial heads):

This classic compound exercise is excellent for overall triceps development, particularly the lateral and medial heads. The close grip emphasizes elbow extension, directly engaging the triceps.

**Technique:** Lie supine on a bench, gripping the barbell slightly narrower than shoulder-width apart. Lower the bar slowly to your chest, maintaining control throughout the movement. Extend your elbows forcefully to return to the starting position. Focus on the squeeze at the top of the movement.

**Implications:** The close-grip bench press is a fundamental exercise in many strength training programs because of its effectiveness and relatively low risk of injury when performed correctly. Its inclusion in any 3 tricep heads exercises routine is crucial.

### 1. Overhead Dumbbell Extension (Targeting the long head):

This exercise effectively isolates the long head due to the overhead position and the emphasis on shoulder and elbow extension.

**Technique:** Stand with feet shoulder-width apart, holding a dumbbell vertically with both hands. Extend your arms overhead, keeping your elbows slightly bent. Lower the dumbbell behind your head by bending your elbows, then extend your arms back up to the starting position. Control the movement throughout the range of motion.

**Implications:** This exercise provides a superior stimulus for the long head, addressing a muscle head often under-trained in standard programs. The inclusion of this exercise in 3 tricep heads exercises is vital for balanced

triceps development.

### 1. Skullcrushers (Targeting the lateral and medial heads):

Lying triceps extensions, commonly known as skullcrushers, are excellent for targeting both the lateral and medial heads. The controlled movement focuses the work on the triceps.

**Technique:** Lie supine on a bench, holding a barbell (or EZ-bar) with an overhand grip, slightly wider than shoulder-width apart. Extend your arms overhead, keeping a slight bend in your elbows. Lower the barbell towards your forehead, bending your elbows. Extend your arms back to the starting position. Avoid lowering the bar all the way to your head to prevent strain.

**Implications:** Skullcrushers, while a staple in 3 tricep heads exercises routines, require careful execution to avoid injury. The use of an EZ-bar can help reduce wrist strain. Focusing on controlled movements is key to maximising results.

### H3: Optimizing Your 3 Tricep Heads Exercises Routine

To maximize the effectiveness of your 3 tricep heads exercises routine, consider the following:

**Progressive Overload:** Gradually increase the weight, reps, or sets over time to continually challenge your muscles and promote growth.

**Proper Form:** Maintain correct form throughout each exercise to prevent injuries and maximize muscle activation.

**Rep Ranges:** Experiment with different rep ranges (e.g., 8-12 reps for hypertrophy, 3-5 reps for strength) to find what works best for you.

**Rest and Recovery:** Allow adequate rest between sets and workouts to allow your muscles to recover and grow.

**Nutrition:** Consume a balanced diet with sufficient protein to support muscle growth.

### Conclusion:

Mastering these 3 tricep heads exercises is crucial for achieving comprehensive triceps development. By understanding the unique function of each head and implementing the correct techniques, you can unlock your full potential for muscle growth and strength. Remember to prioritize proper form, progressive overload, and adequate rest and recovery for optimal results.

Consistent effort and attention to detail will reward you with stronger, more defined triceps.

#### FAQs:

1. How often should I work out my triceps? Aim for 2-3 sessions per week, allowing sufficient rest for muscle recovery.
1. What are some common mistakes to avoid when performing 3 tricep heads exercises? Avoid using momentum, locking out your elbows completely, and letting your form break down under fatigue.
1. Can I use these exercises if I'm a beginner? Yes, but start with lighter weights and focus on mastering the correct form.
1. Are these exercises suitable for women? Absolutely! These exercises are effective for both men and women.
1. How can I target the medial head more effectively? Focus on maintaining controlled movements and avoiding excessive momentum during exercises like skullcrushers and close-grip bench presses.
1. What are some alternative exercises I can use? Consider cable pushdowns, dips, and triceps kickbacks.
1. How long will it take to see results? Consistency is key. You should start noticing changes within several weeks, depending on your individual factors.
1. Do I need any special equipment for these exercises? A barbell,

dumbbells, and a bench are sufficient.

1. Is it important to warm up before performing 3 tricep heads exercises?  
Always warm up before any weight training session to prevent injuries.

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**3 tricep heads exercises:** *Ace Fitness Instruction Manual* American Council on Exercise, 2007-03-01 ACE Group Fitness Instructor Manual was designed to prepare fitness professionals to work in group and class settings and is the main study for the ACE Group Fitness Instructor. Developed and written by 17 of the industry's top experts, the ACE Group Fitness Instructor Manual is an excellent resource, addressing the core competencies you need regardless of the types of classes you teach. It provides overviews of nine of the most popular modalities, including aquatic exercise, fitness yoga, and Pilates mat training. Topics range from exercise physiology, anatomy, kinesiology, and health screening to adherence, injury prevention, and legal and professional responsibilities. Special attention has been given to fitness for special populations, including pregnant women and those with significant weight challenges. Companion DVD included.

**3 tricep heads exercises:** *Triphasic Training* Cal Dietz, Ben Peterson, 2012-06 What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three

components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

**3 tricep heads exercises:** *Burn the Fat, Feed the Muscle* Tom Venuto, 2013-12-10 A smart, energizing program to help you shed fat, build muscle, and achieve your ideal body in just 30 days! A huge success as a self-published ebook, *Burn the Fat, Feed the Muscle* is the bible of fat loss that will allow any reader to get his or her dream body. Tom Venuto has created a program using the secrets of the world's leanest people, although it's not about getting ripped; it is about maximizing your fat loss through nutrient timing and strategic exercise. This totally revised and 25% new book includes a never-before-shared plan that will make it even easier for readers to achieve amazing results.

**3 tricep heads exercises:** *The Best Exercises You've Never Heard of* Nick Nilsson, 2011-10 If you've reached a plateau in your workout and your training routine has become stale and boring it's time to shake things up. *The Best Exercises You've Never Heard Of* is the essential workout guide for anyone looking to find new exercises, get stronger and train more efficiently. You'll find over 50 unique exercises expertly demonstrated with photographs, detailed instructions, tips and tricks on how to incorporate the exercises into your workout and how to avoid common errors. This book provides exercises for every major muscle group and will help you get the most out of your workout at all times. About the Author Nick Nilsson, The Mad Scientist of the fitness world, is a renowned personal trainer, body builder, and professional fitness writer who has written for Men's Fitness, Reps Magazine, Muscle & Fitness and hundreds of fitness websites all over the internet. He is recognized throughout the fitness world as an innovator and pioneer of groundbreaking methods for building muscle and strength fast. His degree in physical education covers advanced biomechanics, physiology and kinesiology.

**3 tricep heads exercises:** *The New Rules of Lifting for Abs* Lou Schuler, Alwyn Cosgrove, 2010-12-30 A strong, athletic physique, highlighted by a flat midsection with well-defined abdominal muscles, is the goal of everyone who works out, from lifelong gym rats to the New Year's resolution

crowd. But most people who seek these goals undermine their efforts. In *The New Rules of Lifting for Abs*, Lou Schuler and Alwyn Cosgrove offer unique programs based on the latest breakthroughs in exercise science. And, as they did in their previous books, *The New Rules of Lifting* and *The New Rules of Lifting for Women*, the authors debunk ab-training myths while showing readers how to strip off even the most stubborn flab. Surprising revelations include: Washboard abs do not always equal a healthy, pain-free back The crunch is actually a poor choice for most people Extending the core can be much more effective than flexing ab muscles It's impossible to isolate the core muscles And much, much more Readers get three months of intense workouts, combining fat-busting conditioning work with intense strength training, which they can easily expand into a yearlong program. Schuler and Cosgrove also include a nutrition component detailing how to eat for fat loss, muscle gain, and improved health. Home-gym friendly, and illustrated with more than 150 black-and-white photographs, *The New Rules of Lifting for Abs* delivers the goods.

**3 tricep heads exercises: The Complete Guide to Lifting Heavy Weights** Geoffrey K. Platt, 2011-10-17 Aimed at fitness professionals, coaches and sportspeople, this is the definitive guide to lifting maximum weights from beginner level through to advanced. This applies to those who wish to build body strength and bulk as well as people wanting to improve their performance in a range of other sports. Heavy weights are very popular in gyms but there is a lack of supervision and good instruction. This is not only dangerous to the gym user but also bad news for the gym, and it prompted the Register of Exercise Professionals (REPS) to authorise a range of new courses designed by the book's author. *The Complete Guide to Lifting Heavy Weights* is required reading for students taking these courses, and an essential guide for anyone who works with or supervises the use of heavy weights. As with all titles in the Complete Guide series it is packed with information, tips, strategies and training plans. Well-illustrated and authoritative, it covers everything you need to know to deal with heavy weights safely and successfully.

**3 tricep heads exercises: Foam Roller Techniques** Michael Fredericson, Terri Lyn Shizue Yamamoto, Mark Fadil, Orthopedic Physical Therapy Products, 2005-01-01 Get educated on the benefits of foam roller massage! This book will teach you the essential techniques of self-massage using the foam roller. This type of massage is comparable to deep tissue massage, myofascial release, and myofascial trigger point therapy. Performing these exercises on a regular basis will help you to increase flexibility, reduce muscle tension and pain, and improve performance. *Foam Roller Techniques* is a helpful guide that contains descriptive instructions and clear photo demonstrations for each muscle group. Softcover.

**3 tricep heads exercises: Nutrient Timing Revisited** Applied Research Press, 2015-07-21 Nutrient timing is a popular nutritional strategy that involves the consumption of combinations of nutrients-primarily protein and carbohydrate-in and around an exercise session. Some have claimed that this approach can produce dramatic improvements in body composition. It has even been postulated that the timing of nutritional consumption may be more important than the absolute daily intake of nutrients. The post-exercise period is widely considered the most critical part of nutrient timing. Theoretically, consuming the proper ratio of nutrients during this time not only initiates the rebuilding of damaged muscle tissue and restoration of energy reserves, but it does so in a supercompensated fashion that enhances both body composition and exercise performance. Several researchers have made reference to an anabolic window of opportunity whereby a limited time exists after training to optimize training-related muscular adaptations. However, the importance - and even the existence - of a post-exercise 'window' can vary according to a number of factors. Not only is nutrient timing research open to question in terms of applicability, but recent evidence has directly challenged the classical view of the relevance of post-exercise nutritional intake with respect to anabolism. Therefore, the purpose of this paper will be twofold: 1) to review the existing literature on the effects of nutrient timing with respect to post-exercise muscular adaptations, and; 2) to draw relevant conclusions that allow practical, evidence-based nutritional recommendations to be made for maximizing the anabolic response to exercise. Proceeds from the sale of this book go to support an elderly disabled person.

**3 tricep heads exercises: How Much Should I Train?** James Hoffmann, Mike Israetel, 2019-02-10 How Much Should I Train is for anyone looking for a deeper understanding of how to modify training programs for the best results. The Volume Landmarks can be applied to all areas of sport, fitness, and health promotion. This book outlines how to properly dose training volumes in an individually periodized approach, with considerations for dieting and athlete development over time. The Volume Landmarks are a set of tools to help ensure the athlete is always making progress, by steering clear of both undertraining and overtraining. They also play a vital role in guiding athletes towards progressing in key areas without having to make the sacrifice of deconditioning in others. In a nutshell, the Volume Landmarks provide a clear and unambiguous approach for how to periodize training volumes over time. For more from Renaissance Periodization follow us at: [@rpstrengt](https://renaissanceperiodization.com/Instagram)

**3 tricep heads exercises: Silver Bullets** Karl Rohnke, Project Adventure, Inc, 2010 Offers a guide to initiative problems, adventure games and trust activities. The activities of this book have all been used effectively by a variety of teachers, counsellors, therapists, camp directors and church leaders. All have wanted an effective, engaging way to bring people together to build trust, and to break down artificial barriers.

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