

Toning Exercises 5 Moves to Target Triceps For Tank-Top Season

Side-Arm Push-Ups

An alternative for your standard push-up routine is the side-arm push-up. It tones your triceps, your deltoids, and the outside of your chest.

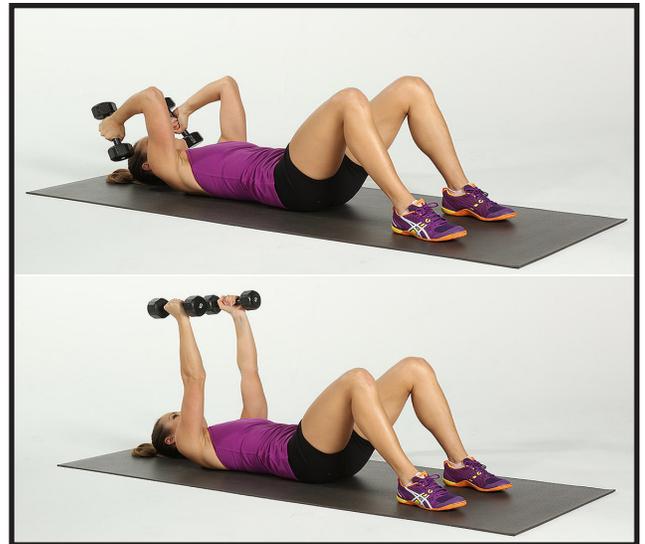
- Lie on your right side with your knees and hip bent to 45 degrees. Wrap your right arm around your waist, and place your left hand in front of your right shoulder with your fingertips parallel to your body. Keep your waist lifted with energy shooting out of the top of your head.
- On an exhale, press your left hand into the ground and push yourself up, straightening the left elbow. Inhale, and slowly lower yourself back to starting position. This completes one rep.
- Do three sets of 10 to 15 reps on your right before flipping over to your left and completing another three sets.



Skull Crushers

The name might sound a little scary, but there's nothing to be afraid of when it comes to this effective triceps-toning move. Did we mention you get to lie on the ground?

- Stand with your feet hip-width apart with a slight bend in your knees. Keep your spine in neutral as you lift a five- to eight-pound medicine ball over your head.
- Begin to circle the ball to the right, in the largest circles you can make, while maintaining a still and stable torso.
- Circle eight times to the right; then repeat, circling eight times to the left.



The Triceps Push

Drop to your knees, and start showing your triceps some love with this low-weight move. Use two- or three-pound dumbbells for this one.

- Hold your weights, and kneel on your knees with toes touching the ground. Hinge forward from your hips, and bend your elbows at 90 degrees.
- Unbend your elbows, and extend both of your arms straight back, palms facing each other. Squeeze your triceps, and then return back to starting position.
- Repeat 10 times. Do three sets of 10 from each other.



Triceps Dip

Whether you're outside, at the gym, or at home, triceps dips get your arms pumping. Be sure to avoid these common mistakes to make the most of this move and keep your body safe.

- Position your hands shoulder-width apart on a secured bench or other stable surface.
- Move your butt in front of the bench with your legs bent and feet placed about hip-width apart on the floor.
- Straighten out your arms, and keep a little bend in your elbows in order to keep tension on your triceps and off your elbow joints.
- Now slowly bend at your elbows and lower your upper body down toward the floor until your arms are at about a 90-degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, slowly press off with your hands and push yourself straight back up to the starting position.
- Repeat for one minute.



Four-Limbed Staff

Occasionally referred to as a "yoga push-up," Four-Limbed Staff strengthens and tones triceps while challenging the core.

- From Standing Forward Bend pose, inhale, straighten your arms and back, and look up. Bend your knees slightly, and step or jump both feet back so you're in the top of a push-up position with your shoulders directly above your wrists.
- As you exhale, bend your elbows straight behind you so they brush against the sides of your body, lowering into Four-Limbed Staff. Keep your body parallel to the ground and your shoulders parallel with your elbows. Draw your navel in toward your spine to protect your lower back, holding for five breaths.
- Drop to your belly to relax, or push up into Upward Facing Dog — as you would do in a traditional vinyasa transition. Then, push back to Downward Dog, or press back up to plank to perform Four-Limbed Staff again.
- Hold Four-Limbed Staff for five complete breaths three to five times.

