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The Ultimate Triceps Toner

Violet Zaki, host of the Crunch Cardio Sculpt Video Series narrates how to “develop leaner, meaner arms in no time with” with two moves; one-arm extensions and tricep dips.




THE ULTIMATE TRICEPS TONER

Develop leaner, meaner arms in no time with this easy exercise.



1 THE MOVE TO MASTER: ONE-ARM EXTENSION

Start in a standing position with a 3- to 5-pound weight in your left hand. Supporting the base of that arm with your right hand, extend your left hand over your head so that your knuckles face the ceiling (1). Slowly lower your forearm behind you until the weight is nearly touching your back (2), then return to the straight-arm position. Do three sets of 15 for each arm and you should see results in six weeks.



2 QUICK TIPS

- Do triceps dips: Rest your palms on the edge of a stationary chair, bend your knees (don't extend past toes), and lower your body a few inches 10 times.
- Modify your push-ups so that your elbows point out to the side and your hands form a triangle below your chest.
- Hold a broomstick across your butt and lift backward, keeping arms straight so your fingernails point toward the ceiling.

SOURCE: VIOLET ZAKI, HOST OF THE CRUNCH CARDIO SCULPT VIDEO SERIES