

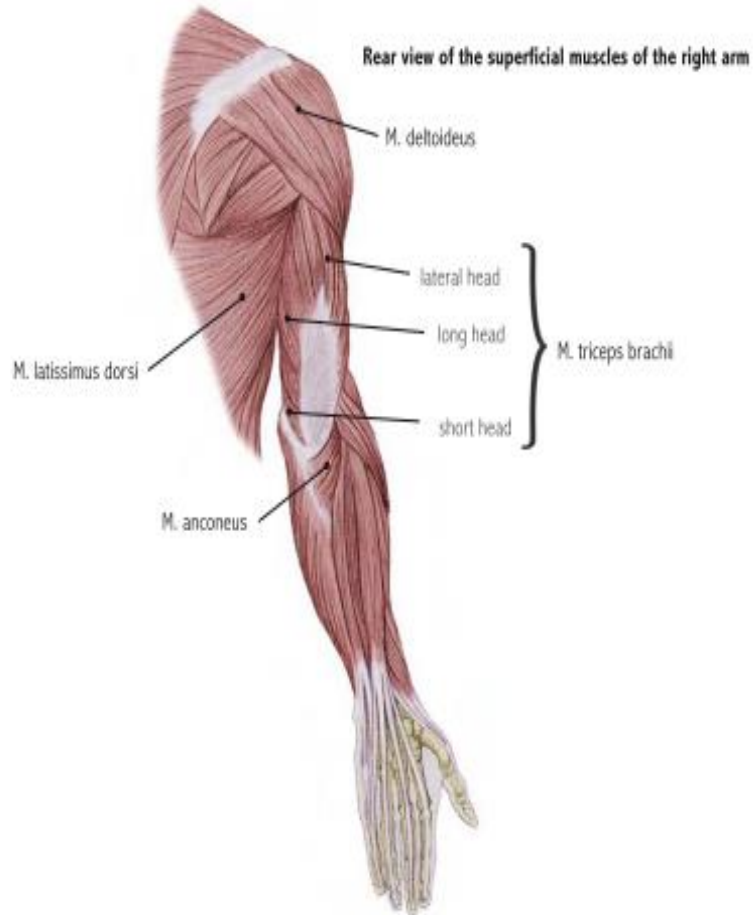
Vücut Geliştirme

Arka Kol (Triceps)

Spor Bilimleri Anabilim Dalı

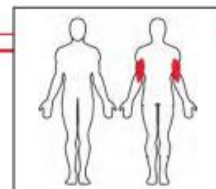
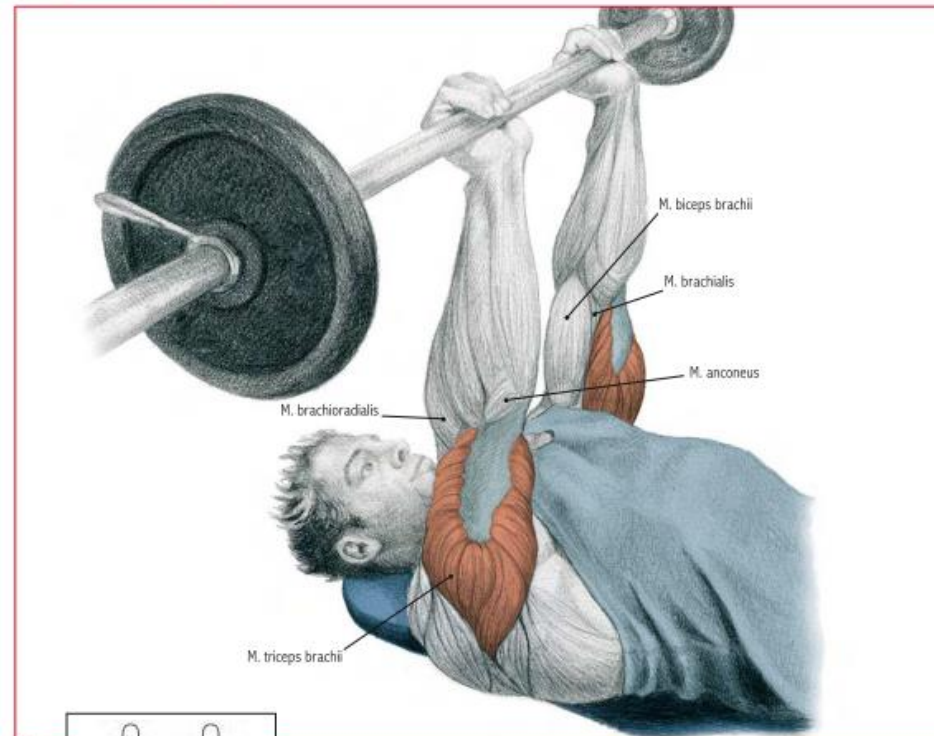
Arka Kol (Triceps)

SCIENTIFIC DESCRIPTION OF THE ARM EXTENSORS: INTRODUCTION TO THE BIOMECHANICS OF THE MAIN MUSCLES



1 Triceps,
Free Weights

LYING FRENCH PRESS / BARBELL LYING TRI



Muscles involved

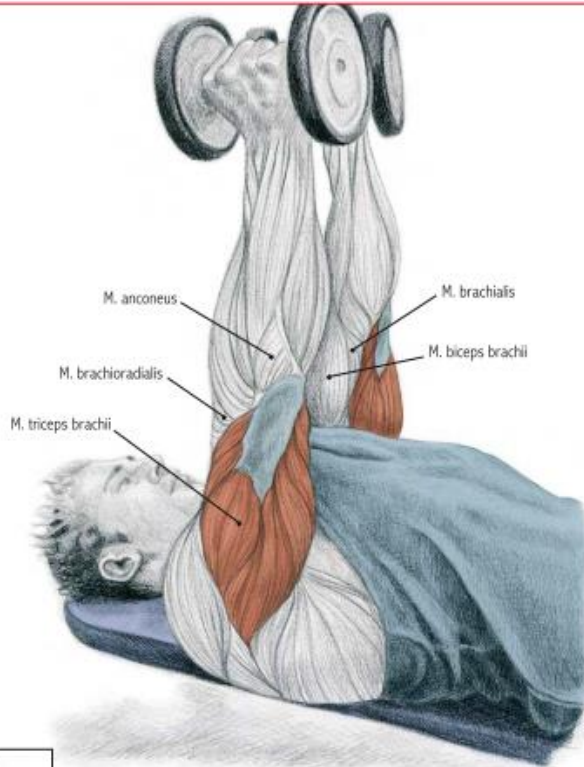
MAIN MUSCLES: triceps
SECONDARY MUSCLES: anconeus
ANTAGONISTS: biceps, brachialis, brachioradialis

Arka Kol (Triceps)

2

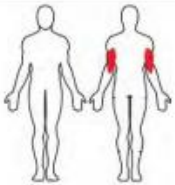
Triceps,
Free Weights

DUMBBELL FRENCH PRESS / DUMBBELL LYING



Muscles involved

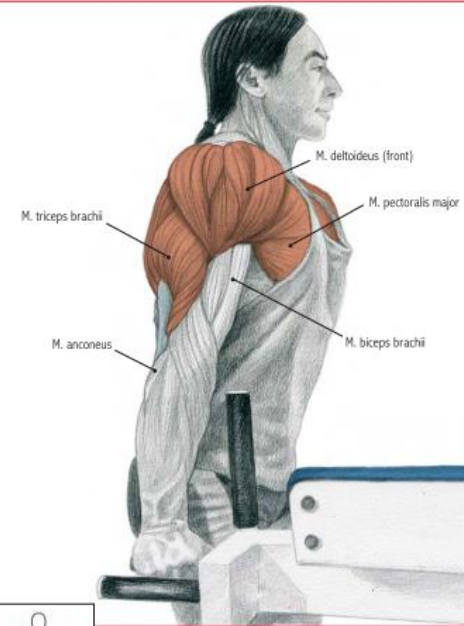
MAIN MUSCLES: triceps
SECONDARY MUSCLES: anconeus
ANTAGONISTS: biceps brachii, brachialis, brachioradialis



3

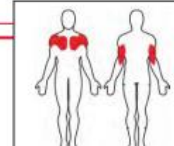
Triceps,
Free Weights

PARALLEL BAR DIP



Muscles involved

MAIN MUSCLES: triceps, pectoralis major (lower), front deltoid
SECONDARY MUSCLES: pectoralis minor, serratus anterior, coracobrachialis, subscapularis, anconeus
ANTAGONISTS: latissimus dorsi, biceps, rear deltoid

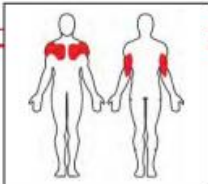
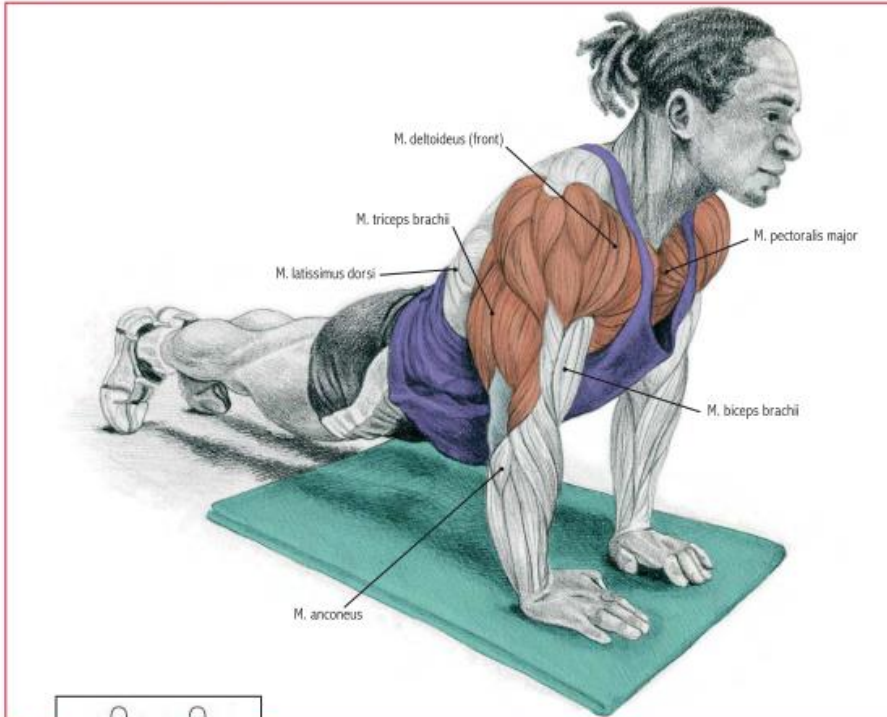


Arka Kol (Triceps)

4

Triceps,
Free Weights

TRICEPS PUSH-UP



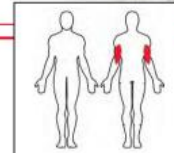
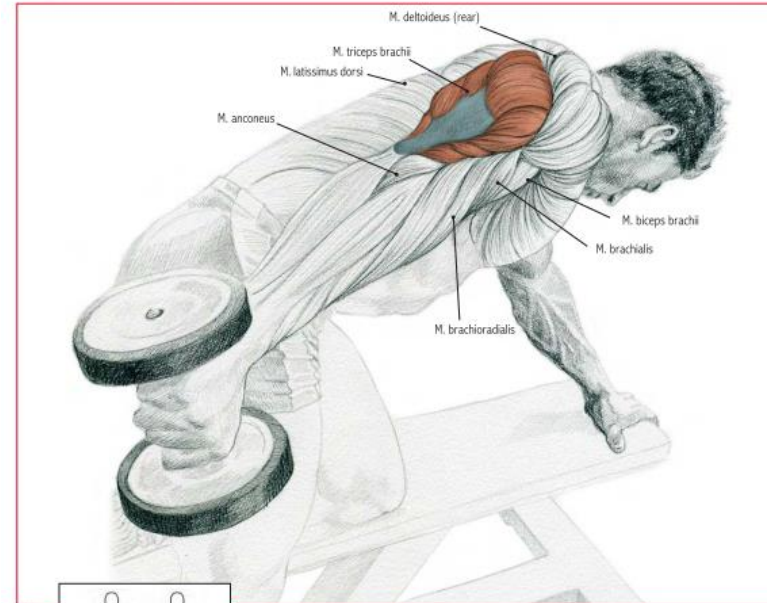
Muscles involved

MAIN MUSCLES: triceps, pectoralis major, front deltoid
SECONDARY MUSCLES: pectoralis minor, serratus anterior, coracobrachialis, subscapularis, anconeus
ANTAGONISTS: latissimus dorsi, biceps, rear deltoid

5

Triceps,
Free Weights

DUMBBELL KICK-BACK



Muscles involved

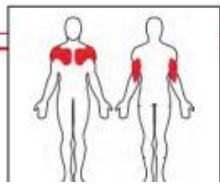
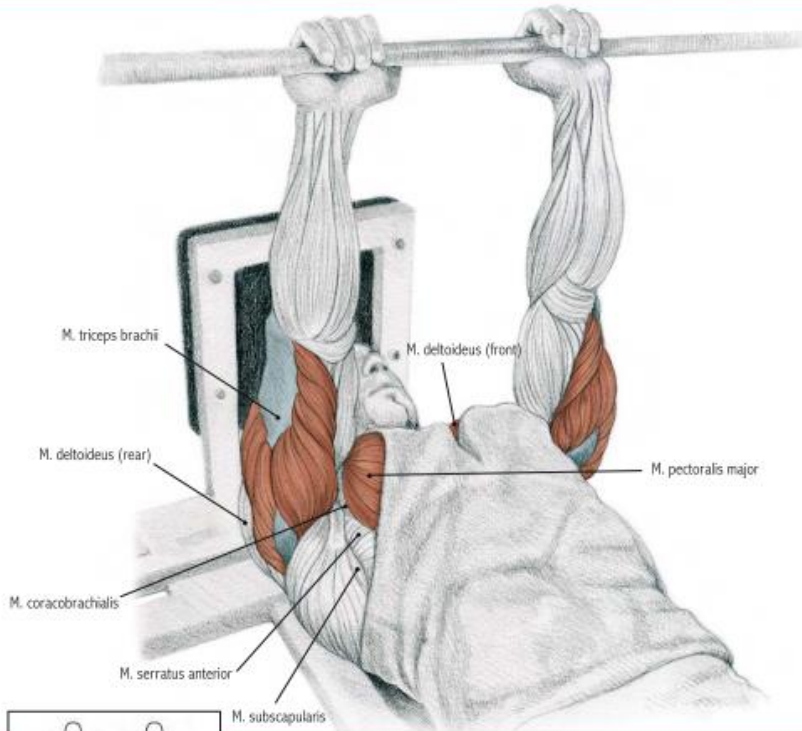
MAIN MUSCLES: triceps
SECONDARY MUSCLES: anconeus (rear deltoid, latissimus dorsi)
ANTAGONISTS: biceps, brachialis, brachioradialis

Arka Kol (Triceps)

6

Triceps,
Free Weights

NARROW-GRIP BENCH PRESS



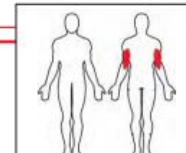
Muscles involved

MAIN MUSCLES: triceps, pectoralis major, front deltoid
SECONDARY MUSCLES: coracobrachialis, serratus anterior, pectoralis minor, subscapularis, anconeus
ANTAGONISTS: latissimus dorsi, biceps, rear deltoid

7

Triceps,
Free Weights

DUMBBELL OVERHEAD TRICEPS EXTENSION

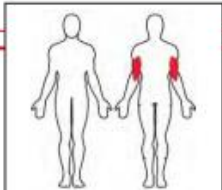
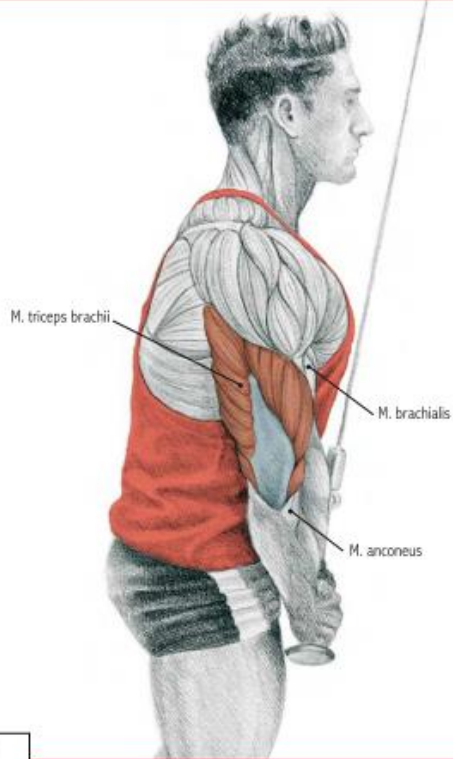


Muscles involved

MAIN MUSCLES: triceps
SECONDARY MUSCLES: anconeus
ANTAGONISTS: Biceps, brachialis, brachioradialis

Arka Kol (Triceps)

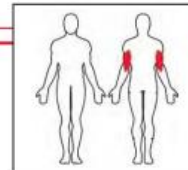
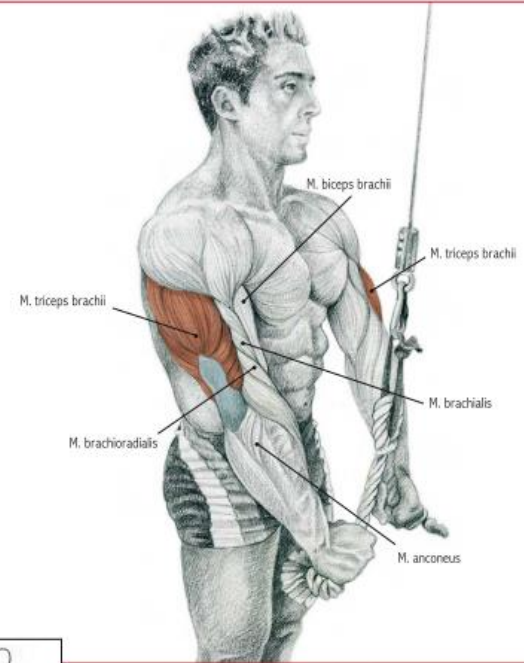
8 Triceps, Machines CABLE PUSH-DOWN



Muscles involved

MAIN MUSCLES: triceps
SECONDARY MUSCLES: anconeus
ANTAGONISTS: biceps, brachialis, brachioradialis

9 Triceps, Machines ROPE PUSH-DOWN



Muscles involved

MAIN MUSCLES: triceps
SECONDARY MUSCLES: anconeus
ANTAGONISTS: brachialis, brachioradialis, biceps