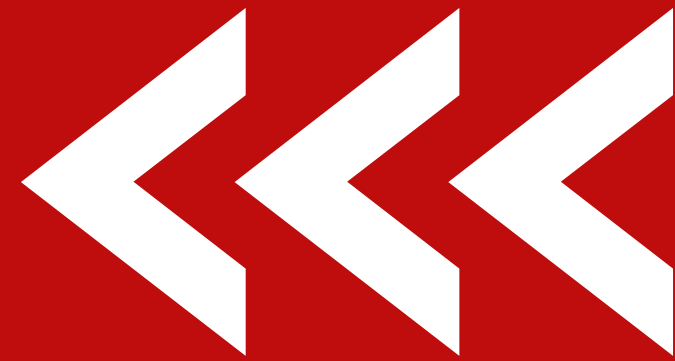


***TRICEP
WORKOUT
TIPS FOR
STRONGER
ARMS***



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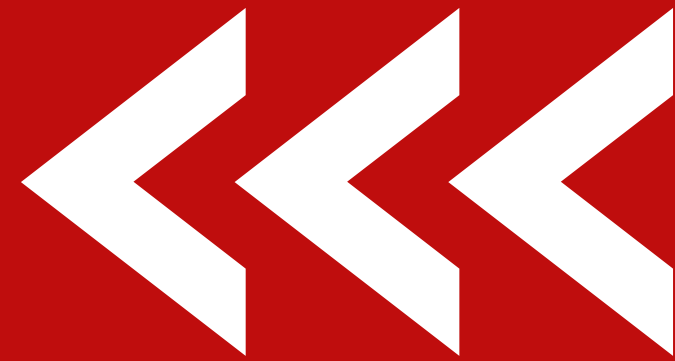


FOCUS ON FORM

Proper technique is crucial for effectiveness and injury prevention. Keep your elbows tucked during exercises!



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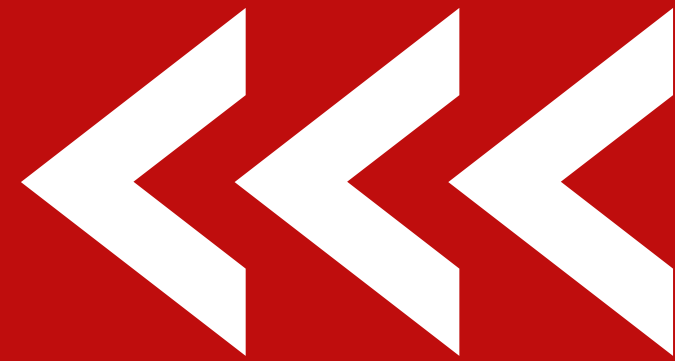


VARIETY IS VITAL

Mix up your routine with dips, push-ups, skull crushers, and tricep extensions to target all tricep areas!



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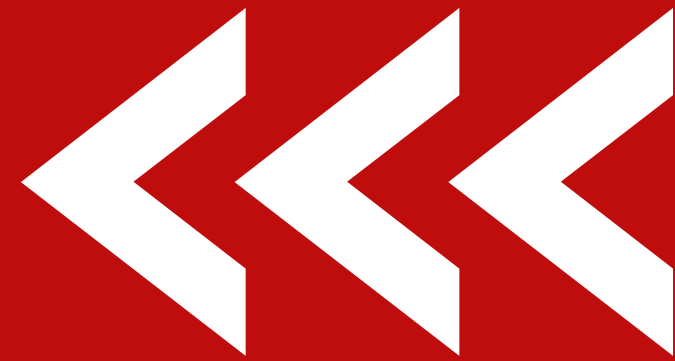


MIND-MUSCLE CONNECTION

Focus on feeling
the muscle work
with each rep to
enhance activation
and improve
results!



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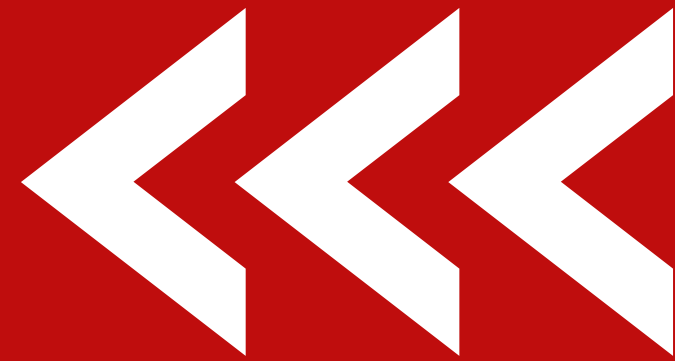


PROGRESSIVE OVERLOAD

Gradually increase weights or reps to challenge your muscles and promote growth.



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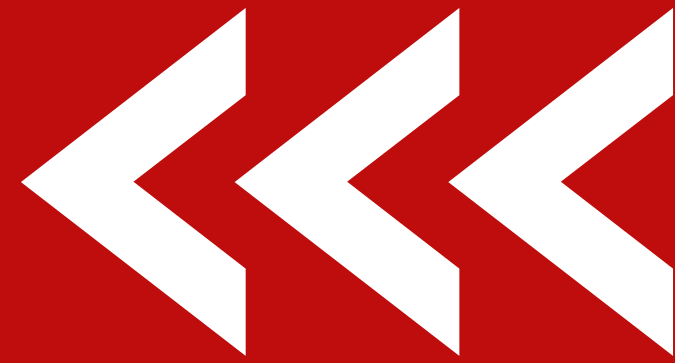


RECOVERY MATTERS

Allow adequate rest and recovery time for your triceps. Stretching and foam rolling can help reduce soreness.



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WERE THEY HELPFUL?

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