

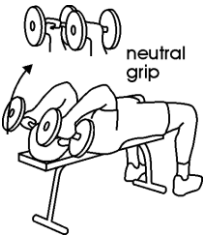
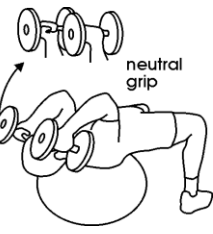
www.Bodyphysix.com

www.Body-Sculpting-Exercises.com



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DUMBBELL TRICEPS EXERCISE

A1	<p>FLAT DUMBBELL FRENCH PRESS</p>  		SETS	REPS	Tempo			Weight	Rest
					↓	—	↑		
		Semaine 1-2	3	12-15	2	0	1		60 SEC
		Semaine 3-4	3	12-15	2	0	1		60 SEC
		Semaine 5-6	3	12-15	2	0	1		60 SEC
Semaine 7-8	3	12-15	2	0	1		60 SEC		
		<p>THE EXERCISE CAN BE PERFORMED ON A BALL OR A BENCH</p> <p>VERIFY THAT YOUR ELBOW IS IN LINE WITH YOUR SHOULDER AT A 90 DEGREE ANGLE- TO BRING THE WEIGHT FROM YOUR EARS TO A STRAIGHT A LINE.</p> <p>NEVER BRING YOUR ARM BELOW A 90 DEGREE ANGLE.</p> <p>Note: DO THE MOVEMENT SLOWLY AND WITH CONTROL- TRY NOT TO SWING THE WEIGHT.</p> <p>MAKE SURE YOUR LOWER BACK, ABDOMINALS AND BUTT ARE ENGAGED THROUGH OUT THE MOVEMENT.</p> <p>** ESPECIALLY WHEN PERFORMING THE EXERCISE ON THE SWISS BALL.</p>							