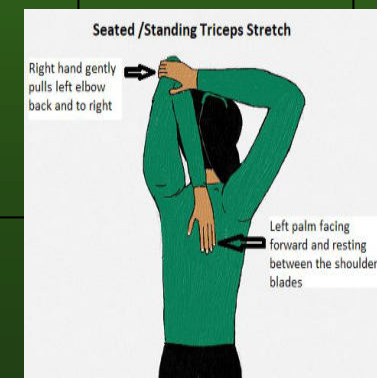


MARCH TRICEP DIP CHALLENGE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 6 Tricep dips, 3 sets, 5 sec rest	2 20 seconds tricep dip hold	4 6 tricep dips, 4 sets, 5 sec rest	5 20 seconds tricep dip hold	6 8 tricep dips, 3 sets, 5 sec rest	7 30 seconds tricep dip hold
8 REST	9 10 tricep dips, 3 sets, 5 sec rest	10 40 sec. Tricep dip hold	11 10 tricep dips, 4 sets, 5 sec rest	12 40 sec tricep dip hold	13 12 tricep dips, 3 sets, 5 sec rest	14 50 seconds tricep dip hold
15 REST	16 50 seconds tricep dip hold	17 14 tricep dips, 3 sets, 5 sec rest	18 60 second tricep dip hold	19 14 tricep dips, 4 sets, 5 sec rest	20 60 sec tricep dip hold	21 16 tricep dips, 3 sets, 5 sec rest
22 REST	23 16 tricep dips, 4 sets, 5 sec rest	24 1 min, 10 sec tricep dip hold	25 18 tricep dips, 3 sets, 5 sec rest	26 1 min 20 sec tricep dip hold	27 18 tricep dips, 4 sets 5 sec rest	28 1 min 20 sec tricep dip hold
29 REST	30 20 tricep dips, 3 sets, 30 sec rest	31 1 min 30 sec tricep dip hold				



TRICEPS

FUN FACT

The name is **Latin** for "three-headed muscle in the arm"



DEFINITION

The triceps brachii muscle is a **muscle** on the back of the upper arm. There are three parts that each come from different places at the top of the arm and join together at the elbow. It straightens the arm.

FUNCTION

The triceps straightens the elbow pulls against the **biceps** and brachialis muscles. It can also hold the elbow in place when the forearm and hand are used for small movements, like writing.