

A muscular man is shown from the waist up, standing in front of a chain-link fence. He is wearing a red baseball cap, a gold chain, and a watch on his left wrist. He is shirtless, revealing his well-defined muscles and a tattoo on his left shoulder. He is wearing red and black camouflage leggings and red and white sneakers. The background is a concrete wall and a chain-link fence.

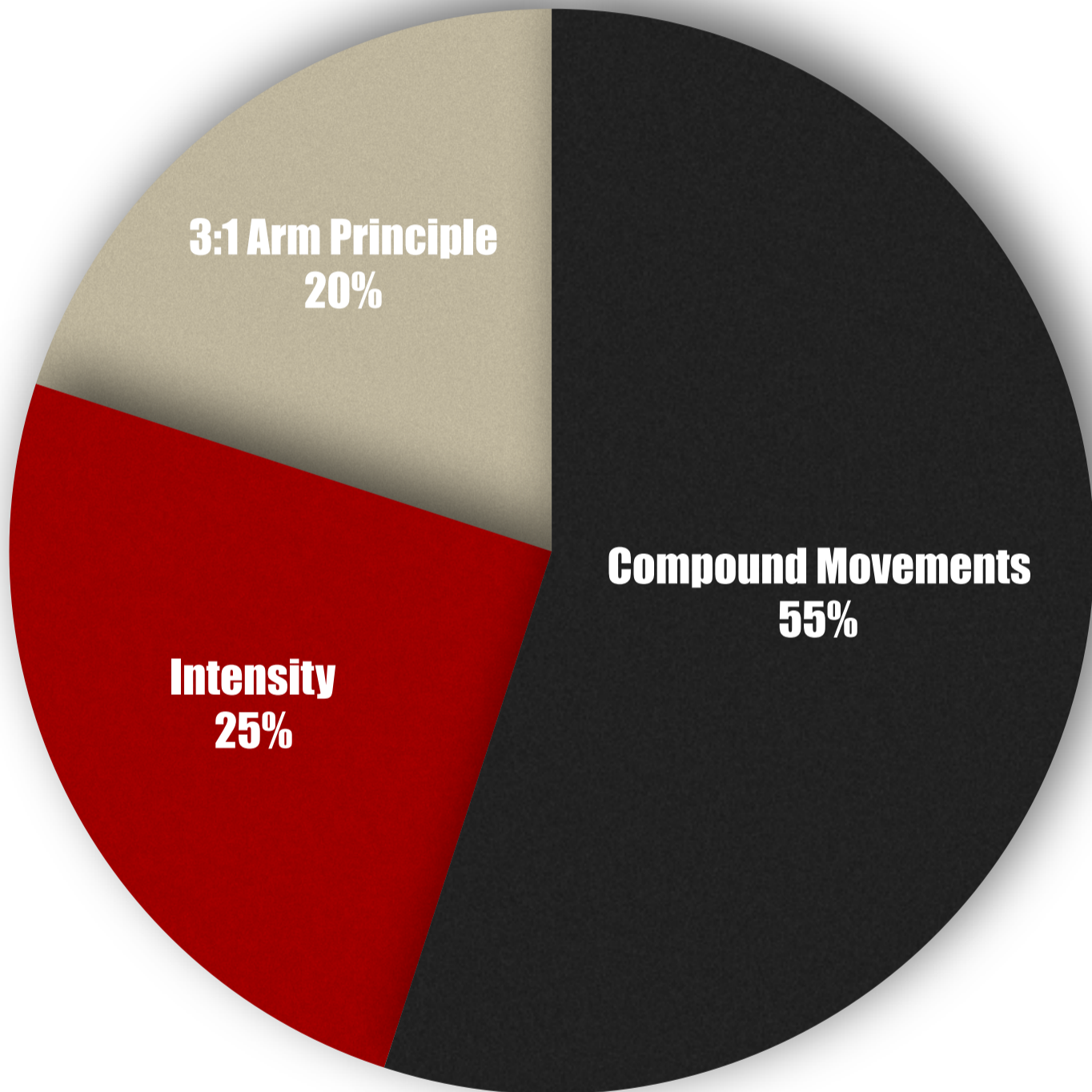
**XMT-3 TRAINING**

**PRESENTS**

**TRICEPS CHEATSHEET**

# TRICEPS CHEATSHEET

● **Compound Movements**   ● **Intensity**   ● **3:1 Arm Principle**



# COMPOUND MOVEMENTS

Any exercise that engages two or more different joints to fully stimulate entire muscle groups and, indeed, multiple muscles.

## ■ IMPLEMENT COMPOUND MOVEMENTS

ESTABLISHING A TRICEP ROUTINE THAT INCLUDES CLOSE GRIP BENCH PRESS, STANDING CLOSE GRIP PRESS, MACHINE PUSHDOWNS WILL BURN STUBBORN ARM FAT AND INCREASE TRICEP MUSCLE.

## WHY:

### ■ BURN MORE CALORIES

WHEN THE TRICEPS ARE PAIRED WITH THE OTHER MUSCLES GROUPS THE TRICEPS ARE FORCED TO WORKED HARDER THUS PROVIDING MORE STRENGTH AND DEFINITION.

### ■ EFFICIENT USE OF TIME

IMPLEMENTING COMPOUND TRICEP MOVEMENTS INTO YOUR TRAINING WILL SAVE AN ENORMOUS AMOUNT OF TIME.

# INTENSITY

Intensity has an effect on what fuel the body uses and what kind of adaptations the body makes after exercise.

■ VARIATION IN INTENSITY MUST BE IMPLEMENTED IN ORDER TO STIMULATE MUSCLE GROWTH.

## WHY:

### ■ TRAIN TO FAILURE

IMPLEMENTING VARIATIONS IN TRAINING FORCES THE BODY TO ADAPT TO DIFFERENT ENERGY DEMANDS. THE RESULTS ARE INCREASED STRENGTH AND MUSCLE DEFINITION.

### ■ VARY WEIGHTS/REP RANGES

BUILDING NEW MUSCLE TISSUE REQUIRES A CHALLENGE. IMPLEMENT HEAVY WEIGHTS AND LOW RANGES AT TIMES, CONVERSELY USING LIGHTER WEIGHTS AND HIGHER REPS WILL ALSO BE BENEFICIAL.

# **3:1 TRICEP PRINCIPLE®**

A fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning.

**■ ARM TRAINING MUST CONSIST OF 3 TRICEP EXERCISES FOR EVERY BICEP EXERCISE PERFORMED.**

## **WHY:**

**■ THE TRICEPS MUSCLES CONSISTS OF THREE HEADS AND TAKE UP 2/3 OF THE UPPER ARM.**

**EMPLOYING A VARIETY OF TRICEP MOVEMENTS WILL PROMOTE MUSCLE ACTIVATION IN ALL THREE HEADS OF THE TRICEPS MUSCLES WHICH WILL PROMOTE DEFINITION AND GROWTH. THE TRICEPS DESERVE THE BULK OF ATTENTION WHEN TRAINING ARMS. FOR MAXIMUM DEVELOPMENT 2 OF THE 3 EXERCISES USED IN THE 3:1 TRICEP PRINCIPAL® SHOULD INCLUDE COMPOUND LIFTS.**