

From: Cathy Dixon Sent: June 3, 2009 3:42 PM
To: info@waterart.org
Subject: Best Triceps Exercise?

Hi!

At our pool, the YMCA in Irmo, S.C., the instructors use the foam dumbbells. What do you think is the best triceps exercise to target the "giggly underarm" using the dumbbells?

Thank you!!

Cathy Dixon

P.S. I have begun teaching a deep & shallow water class back to back and am absolutely having the best time! Loved your salsa video - going to try it in my class tomorrow! Thank you!!

Dear Cathy,

There are literally thousands of exercises for every major muscle group. The "best" exercise is one that the person may perform in good posture with good technique (as our muscles are trained on our posture)

Since everyone has different skills, fitness levels, muscle fibre types and goals - there are many variables.

With every piece of equipment you have to analyze the joint action. The Triceps Muscles (there are 3) extend the elbow and also assist in shoulder extension.

With dumbbells you can only do dips because triceps extensions (would literally rip the shoulder out of the socket if you let buoyancy assist the upward motion (or take the move beyond normal range)which would be very easy with the traditional triceps extension.

Ideally with the triceps you need 3 actions for water training

- 1) dips which are pushing the dumbbells or noodles down (front, side or behind the body)



- 2) triceps extension with mitts, paddles, boxers (resistive equipment) or noodles (buoyant equipment). Start with the arm in front and extend the elbow and push the water down for resistance and through for range of motion



- 3) overhead triceps extension with a band or tubing



The more ways you may train the muscles – they stronger they are! So ideally utilize as many exercises for the major muscles as you know. And yes, regular strength training is the only way for results. In other words, you have to progressively overload the muscle to reach a training effect and strengthen or hypertrophy the muscle....

P.S. Muscle & fat are separate entities (so patrons need good nutrition too!)

Buoyantly,

Julie Twynham
Educational Director
WaterART Fitness International Inc.,

You may chat on our message board at www.waterart.org/membersonly/community
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