

# TRICEPS

A muscular man is lying on his back on a black mat in a gym, performing a triceps exercise. He is holding a dumbbell with both hands, resting it on his chest. His arms are bent at the elbows, and he is looking upwards. The background shows gym equipment, including a red and black medicine ball and a rack of weights.

10 MINS

# Triceps Training

**Albert A Gayle**

A decorative graphic consisting of a semi-circle with a red-to-white gradient, positioned to the right of the author's name.

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