

EXERCISE

Tri-sets

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

Tri-set. What is a Tri-set and how do we use it? A Tri-set is effectively three exercises back-to-back with little or no rest in between each exercise. There are various ways to implement a Tri-set.

We're going to show an upper body Tri-set with triceps, biceps, and shoulders. The first exercise that we're going to show is the Tricep Push- Down.

So Dom's going to bring her elbows into the side and start the repetition from there.

Now it's a good idea to keep all the reps the same, but depending on your client's goal, you might want to change the rep-range depending on if you're working on strength or more endurance.

(To Dom) Just do two more for me, Dom. Last one.

And then as soon as Dom's finished on the triceps, we're going to go straight into biceps with a Dumbbell Bicep Curl.

Again, elbows stay tight, this time focusing on the front of the arm - curling up to the shoulder and slowly lowering down.

So - we've gone from triceps being worked, straight into biceps. This is a great way to implement exercise if you have shorter amount of time. For example, your client may be a bit late and you need to get in a bit more work in that short period of time.

(To Dom) Last one for me, Dom. And relax there.

And then we're going to go straight into Lateral Raises where we're working the shoulders. This also might be a great technique if you want to add in a bit more advanced training with a client working on a specific muscle area. You can do this with three exercises working on the **same** muscle. You don't have to do it like we've done here with different muscle groups.

(To Dom) Just do two more for me. Dom. Last one - and relax. Rest there.

At this point then, you would have a complete rest, before either repeating or moving on to another exercise.

Main Muscles Involved

This will depend on the exercises you choose for your Tri-set.

