

TRICEPS

Meaning: Triceps: a large muscle at the back of the upper arm responsible for extending the elbow, often targeted in strength training to improve arm strength and definition.

1. The triceps are often targeted in strength training to improve upper arm definition.
2. Many athletes include triceps exercises in their routines to enhance overall arm strength.
3. During the workout, she felt the burn in her triceps as she completed her final set of push-ups.
4. The triceps brachii muscle plays a crucial role in extending the elbow during various movements.
5. To build larger triceps, it's important to incorporate a variety of exercises that challenge the muscle from different angles.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/triceps>