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Whether you're trying to grow your triceps to improve your physique or you want to strengthen them to help improve your other upper body lifts, you may be wondering whether or not you can train triceps two days in a row. To do so safely, you should choose
different exercises and train at varying intensities each day. Training triceps two days in a row should also only be done by experienced lifters and for a short amount of time to prevent burnout and overuse injuries. In this article, I'll review some research studies that analyze the effects of training triceps two days in a row. I'll also discuss the reasons
why you should or shouldn't train the triceps two days in a row and the pros and cons of doing so. At the end, I'll provide a sample workout routine you can do if you want to train triceps two days in a row. Researchers from Australia studied the effects of strength training on back-to-back days in resistance-trained men. Although they trained more
muscle groups than just the triceps, one can presume that the triceps were worked since the men followed a full-body routine. Even though the subjects reported fatigue and soreness after the first day, their performance on the second day was not negatively affected. Researchers also discovered that training on consecutive days did not worsen the
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body routine, one can assume that the triceps were worked directly or indirectly during each workout. The results from this study suggest that you don't need to have a full day of recovery in between workouts in order to experience strength and hypertrophy gains. It was previously believed that your muscles need at least 48 hours of rest before you
can train them again. But as you can see from the studies above, more recent research is debunking that claim. However, there are several reasons why you may or may not want to train the triceps two days in a row. You may have times throughout the year when you can only train on back-to-back days — for example, if your kids are busy with
extracurricular activities, you're in a busy season at work, or you have an upcoming vacation. During times like these, it's acceptable to train your triceps two days in a row. This will allow you to work out the same muscle group twice in one week so you don't have to wait a full week to train it again. If you've already been following a routine in which
you train two days in a row, you'll be able to transition to a program where you're also training the same muscle groups on consecutive days. You may feel more tired than usual on your second training day when you first start training the triceps two days in a row. But since you're already accustomed to working out in some capacity on back-to-back
days, your body should be able to adapt more quickly to training the triceps on consecutive days. Even if you don't do a lot of isolation work in your CrossFit programming, your triceps are worked indirectly through movements like push presses, ring dips, and push-ups. You may do WODs that involve the upper body muscles two days in a row, and
you're working your triceps on back-to-back days due to the nature of your programming. Training the triceps two days in a row will require you to recover properly in between each of your workouts so your body is primed to attack the same muscle group again with just 24 hours of rest. If you're already consuming enough calories, sleeping well at
night, and not going through any other stressful life events, you'll be more successful and less likely to become injured when you train the triceps two days in a row. Weak triceps can limit how much you can lift in the bench press or overhead press, especially if you often fail either lift at lockout. If one or both of those lifts is lagging behind, you may
need to add more triceps training into your routine. But depending on the rest of your training schedule, you may not be able to do that extra work any other day of the week. In that case, it makes sense to train your triceps two days in a row. For a complete list of exercises that can help increase your bench press strength, check out 16 Best Tricep
Exercises To Increase Bench Press Strength. Some bodybuilding plans such as the Arnold split require you to train the chest also work the triceps, you'll be training the triceps two days in a row. There are many times when working out when you're
sore can help you feel better. But if you're so sore that you can hardly straighten your arms, you might need to take a break. You'd be better off waiting a few days until you train your triceps again. Likewise, if you didn't sleep well the night after your first triceps training session or your nutrition was all over the place that day, you should skip your
next triceps workout. Trying to train the same muscle group on consecutive days when you're under-recovered can inhibit your ability to focus and perform your best in your second workout. Individuals who are new to lifting weights can recover faster and make fast progress because their bodies haven't yet adapted to a new training stimulus. But this
doesn't mean that a new lifter should jump straight into a routine that requires them to train the same muscle group two days in a row. Your body and mind both need time to adapt to a lifting routine and perfect each of the movements. Trying to train the triceps two days in a row when you've never touched a barbell or dumbbell can lead to injuries or
leave you so sore and tired that it leaves you unmotivated to keep working out. While one would think that you should do whatever you can to boost your meet because you'll be too tired to perform your best on the
platform. Instead, in the weeks leading up to your competition, you should cut back on your bench press accessories and prioritize your competition lifts. If you have an upcoming powerlifting meet, check out more peaking strategies in the
article How To Taper For Powerlifting (6 Mistakes To Avoid). Now that you understand why you should or shouldn't train the triceps are common after doing a lot of isolation work, but they can also become sore after doing compound movements such
as bench presses and overhead presses. That soreness you feel a day or so after a workout is called delayed onset muscles and can help relieve the symptoms of DOMS. Doing some light tricep work after a heavy tricep day may help you feel better if your muscles are
sore. Some people only have time to train twice a week, and those two days may fall on back-to-back days. If you fall into that category, training your triceps two days in a row will allow you to keep up with your fitness routine when you're busy so you can fit more workouts into your schedule. If you only have two days a week to train, check out my
recommendations for how to structure a 2-day powerlifting split. Protein synthesis refers to the process in which your muscles produce protein, which is what helps them repair and grow after a resistance training session. It can stay elevated for as long as 24 hours post-workout. As such, training your triceps 24 hours after you last trained them can
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workout, your triceps will already be fatigued from the previous workout. You likely wouldn't have the strength or energy to push the intensity on your second workout day. Training the same muscle group two days in a row isn't sustainable for the long term, especially if you're also doing other types of workouts on your non-training days. The triceps
especially are involved in a lot of pressing movements. If you're also doing a lot of chest exercises throughout the week, your triceps are being put under a lot of stress that's not sustainable for a long period of time. Until your body adapts to training the triceps two days in a row, you may notice a decline in your performance on your second day of
training. You may not be able to lift the same amount of weight or perform the same amount of reps and sets that you're used to while your body adjusts. While you can train the triceps two days in a row, there are a few tips to follow to ensure you're getting the most out of your workouts and training in a safe and effective manner. When you're
training the triceps on back-to-back days, you shouldn't train at a high intensity with each session. With only 24 hours to recover in between each workout, your muscles won't be prepared to train at a high intensity again the following day. Doing different movements on each day that you train your triceps will not only prevent you from getting bored
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young age. She started CrossFit in 2015, which led to her interest in powerlifting and weightlifting women overcome their fear of lifting weights and teaching them how to fuel their bodies properly. When she's not training in her garage gym or working, you can find her drinking coffee, walking her dog, or indulging in
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active from a young age. She started CrossFit in 2015, which led to her interest in powerlifting and weightlifting. She's passionate about helping women overcome their fear of lifting weights and teaching them how to fuel their bodies properly. When she's not training in her garage gym or working, you can find her drinking coffee, walking her dog, or
indulging in one too many pieces of chocolate. Is it OK to do a leg workout one day, then go for a run the next? That depends on a few factors. Image Credit: LIVESTRONG.com Creative How Bad Is It Really? sets the record straight on all the habits and behaviors you've heard might be unhealthy. Gym jibber-jabber would have you believe that
working the same muscle groups back-to-back is as bad as giving the finger to Hulk. Two leg days in a row? A crime against gains! As weight room wisdom has it, your muscles need at least 48 hours rest between being annihilated — no exceptions... ever. And for the most part, this is really sound advice for strength athletes. After all, your muscle
groups do need time to repair themselves in order to reap the rewards of your training. However, this conventional wisdom actually isn't gospel for mixed-modality exercisers, cardio lovers or newbie lifters. According to certified strength and conditioning coaches, for non-strength athletes, it's OK to work the same muscle groups two days in a row –
and in many instances unavoidable. Below, two fitness experts break down where this original school of thought came from. Then, explain why it's better advice for some exercisers than others. Why Back-to-Back, Same-Muscle Workouts Can Be Bad The idea that working the same muscle group two days in a row can be bad is based on solid exercise
science about muscle hypertrophy. "You aren't building muscle in the gym," says strength and conditioning coach Jake Harcoff, CSCS. "On the contrary, during your strength training sessions you're essentially breaking your muscles down." They don't rebuild stronger until you leave the gym and adequately recover with nutrient-dense calories and
sleep. "The harder you train your muscles, the greater damage you do to the muscle fibers and the longer you need to give them to rebuild and recover," Harcoff says. How fast these fibers are able to repair depends on a number of factors such as diet, hydration levels, age, overall health, stress levels, sleep and more. According to a March 2017
study in the Journal of Applied Physiology, however, your muscles are most damaged (inflamed) 24 to 48 hours after a strength-training session. After that, science shows that the inflammation begins to taper off as the fibers repair themselves. Failure to let this amount of time pass between sessions puts your muscles in a constant state of damage. "If
your muscles don't get enough time to recover, your muscles aren't able to repair," Harcoff says. That means you're not getting bigger or stronger. And the side effects of inadequate rest between training volume to make improvements
and therefore, an experienced lifter might need 3 to 4 days or more to fully recover before their next lift," he says. New lifters, on the contrary, can probably get away with doing the same lifts two days in a row. "A newer lifter will probably need less intensity and volume to make changes, thus, will likely be able to train the same muscles more
frequently," Harcoff says. "A new lifter may actually benefit from training subsequent days because doing so may allow them to practice and groove effective motor cycling devotee, you might be wondering if this rule applies to you. And the answer
is no, it doesn't. "The rule applies to strength training, not cardio-focused workouts like running, cycling and most high-intensity group fitness classes," says certified strength and conditioning coach Grayson Wickham, DPT, CSCS, founder of mobility platform Movement Vault. These workouts are less taxing on your muscle fibers compared to a
rendezvous with the squat rack. "Running and cycling place less strain on the lower body compared to a heavy squat session," he says. Similarly, while boot camp classes often do incorporate dumbbells and kettlebells, often the load and overall volume is significantly less compared to that of a weight-lifting session, he says. As such, the overall
damage to the muscle fibers takes less time to repair. "You still need to make time to recover in workout programs that aren't strength-based," Wickham says. But so long as you're giving yourself two or three days of rest per week, you can still hit two of these cardio-focused sessions back-to-back. Regardless, Regular Rest Days Are a Must "If you are
working the same muscle groups two days in a row and not recovering well, that's a problem," Wickham says. "But if you're taking a day or two between working the same muscle groups and not recovering, that's also an issue." In the short term, inadequate recovery can lead to symptoms such as prolonged (3 or more days) soreness, worsened sleep
quality and an inability to show up to your next workout with sufficient energy, he says. Usually, these symptoms can be remedied by a few days of R&R. Chronic inadequate recovery, however, can lead to generalized fatigue, sustained irritability, loss of libido, brain fog, nagging injury and constant bouts of sickness, Wickham says. All signs of a
condition known as overtraining syndrome, these symptoms, your workout program needs an overhaul. "If you're experiencing these lasting symptoms, your workout program likely doesn't have enough built in time for rest, repair and recovery," he says. You'll also need to adjust the other 23 hours of your day to prioritize nutrient-dense
food, stress reduction and quality zzzs. How to Split Up Your Workouts if You're an Experienced Lifter If you're a more advanced lifter who wants to avoid the potential pitfalls of training the same muscle group two days in a row, you probably have questions about how to do that. "The simplest way of knowing you aren't training the same muscles on
back-to-back days is to train movements instead of specific muscles," Harcoff says. "An example of this would be spending a day of pulling exercises, followed by a day of pulling exercises.
and anterior (front of the body) movements. "You can work the posterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (quads and calves) another day." Ultimately, however, because the best workout programs take your specific goals and exercise history in mind, Harcoff recommends hiring a trainer if you can work the posterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and the anterior muscles of the legs (glutes and hamstrings) one day and hamstrings (glutes and hamstrings) of the legs (glutes and hamstrings) of the hamstrings (glutes and hamstrings)
can swing it. So, How Bad Is It Really to Work the Same Muscle Two Days in a Row? Generally speaking, it's fine to work out the same muscles back-to-back — so long as you're bringing to the movements on the consecutive days,
Wickham says. While it would be fine to go on a casual jog one day and to a circuit workout with air squats and lunges the next, it'd be less-than-ideal to PR your 10K run one day and then try to find a new one-rep max back squat the next, it'd be less-than-ideal to PR your 10K run one day and then try to find a new one-rep max back squat the next, he says. "Similarly, you wouldn't want to do a heavy barbell back squat two days in a row," he says. Whether
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need to add more triceps training into your routine. But depending on the rest of your training schedule, you may not be able to do that extra work any other day of the week. In that case, it makes sense to train your triceps two days in a row. For a complete list of exercises that can help increase your bench press strength, check out 16 Best Tricep
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doesn't mean that a new lifter should jump straight into a routine that requires them to train the same muscle group two days in a row. Your body and mind both need time to adapt to a lifting routine and perfect each of the movements. Trying to train the triceps two days in a row when you've never touched a barbell or dumbbell can lead to injuries or
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the same muscle group on consecutive days for several weeks, you should space out your triceps days for another one or two training cycles so you don't become burned out. Amanda DvorakAmanda is a writer and editor in the fitness and nutrition industries. Growing up in a family that loved sports, she learned the importance of staying active from a
young age. She started CrossFit in 2015, which led to her interest in powerlifting and weightlifting. She's passionate about helping women overcome their fear of lifting weights and teaching them how to fuel their bodies properly. When she's not training in her garage gym or working, you can find her drinking coffee, walking her dog, or indulging in
one too many pieces of chocolate. Whether you're trying to grow your triceps two days in a row. You can train triceps two days in a row? You can train triceps two days in a row. To do
I'll also discuss the reasons why you should or shouldn't train the triceps two days in a row. Researchers from Australia studied the effects of strength training on back-to-back days in resistance-trained men
Although they trained more muscle groups than just the triceps, one can presume that the triceps were worked since the men followed a full-body routine. Even though the subjects reported fatigue and soreness after the first day, their performance on the second day was not negatively affected. Researchers also discovered that training on
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manner. When you're training the triceps on back-to-back days, you shouldn't train at a high intensity again the following day. Doing different movements on each day that you train your triceps will not only prevent you
from getting bored but will allow you to effectively train all three muscles of the triceps — the medial head, the lateral head, and long head — which can help prevent injuries. Examples of movements that train each of the triceps muscles include: Slowing down your lifts and spending more time under tension can help promote hypertrophy even if
you're not lifting very heavy because you have to recruit more muscle fibers to complete each rep. Tempo work can also help reduce your risk of injury because you don't have to lift a lot of weight. This means you're not putting more stress on your CNS when it's already trying to recover from a previous workout. An example of how you can do tempo
work to train the triceps is to do close-grip bench presses and lower the bar to your chest for a 5 count or do a 3-second descent when you do dips. Wondering if you can also train the chest two days in a row? Check out my article Can You Train Chest 2 Days In A Row? (Pros & Cons). Below is a sample triceps routine that you can do two days in a row.
The first day will be your low-volume heavy day while the second day will be your high-volume light day. On both days, you should select weights with which you can perform the suggested number of reps with good form while leaving 2-3 reps in reserve. You'll also notice that I only included a few exercises per workout. This is because you're likely
also training other upper body exercises in these same workouts or on separate days. Since many pressing movements also work the triceps, you'll want to avoid fatiguing the triceps too much so you can do more pressing work throughout the week as well. Weighted dips - 4 x 6 (or a dip alternative) Close-grip bench press - 3 x 6-8 @ 60-65% of your
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After training the same muscle group on consecutive days for several weeks, you should space out your triceps days for another one or two training cycles so you don't become burned out. Amanda DvorakAmanda is a writer and editor in the fitness and nutrition industries. Growing up in a family that loved sports, she learned the importance of staying
active from a young age. She started CrossFit in 2015, which led to her interest in powerlifting and weightlifting. She's passionate about helping women overcome their fear of lifting weights and teaching them how to fuel their bodies properly. When she's not training in her garage gym or working, you can find her drinking coffee, walking her dog, or
indulging in one too many pieces of chocolate. Whether you're trying to grow your triceps to improve your other upper body lifts, you may be wondering whether or not you can train the triceps two days in a row. So, can you train triceps two days in a row? You can train triceps two days in
a row. To do so safely, you should choose different exercises and train at varying intensities each day. Training triceps two days in a row should also only be done by experienced lifters and for a short amount of time to prevent burnout and overuse injuries. In this article, I'll review some research studies that analyze the effects of training triceps two
days in a row. I'll also discuss the reasons why you should or shouldn't train the triceps two days in a row and the pros and cons of doing so. At the end, I'll provide a sample workout routine you can do if you want to train triceps two days in resistance-
trained men. Although they trained more muscle groups than just the triceps, one can presume that the triceps were worked since the men followed a full-body routine. Even though the subjects reported fatigue and soreness after the first day, their performance on the second day was not negatively affected. Researchers also discovered that training
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days. Because the participants all did a full-body routine, one can assume that the triceps were worked directly or indirectly during each workout. The results from this study suggest that you don't need to have a full day of recovery in between workouts in order to experience strength and hypertrophy gains. It was previously believed that your
muscles need at least 48 hours of rest before you can train them again. But as you can see from the studies above, more recent research is debunking that claim. However, there are several reasons why you may or may not want to train the triceps two days in a row. You may have times throughout the year when you can only train on back-to-back
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