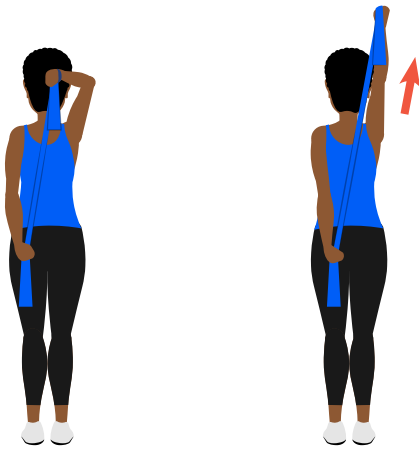


Tricep Extension



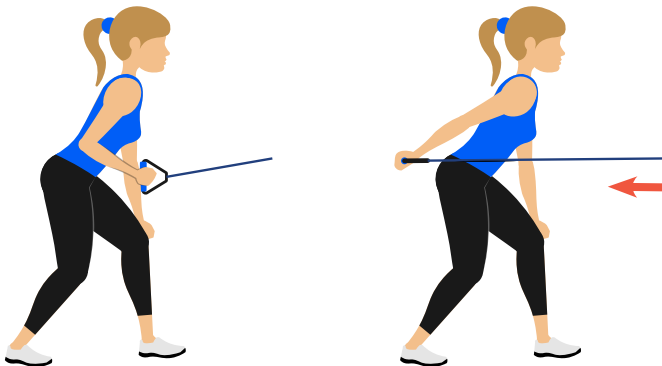
ANCHOR: Hold band in both hands

START: With one hand holding the band behind your back the other holding the band behind your head with the elbow bent.

MOVEMENT: Using the triceps muscle, straighten the upper arm then lower back down to start position.

TIP: Keep the abs tight.

Tricep Kickback



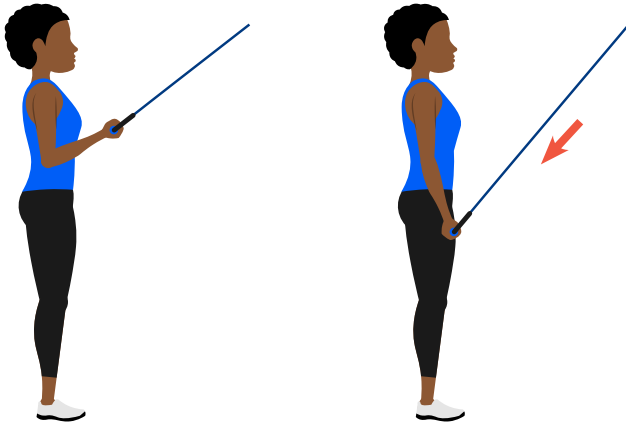
ANCHOR: Chest height

START: Stand with one foot in front of the other, one hand on handle, palm facing down. The other hand braces on the opposite knee. Bend at the hip, leaning slightly forward, elbow at your side.

MOVEMENT: Contracting the triceps, straighten the arm in line with the body.

TIP: Control the tubing when going back to the start position.

Tricep Pushdown



ANCHOR: High, top of door

START: Stand with feet hip width apart, elbows at your side, palms facing down.

MOVEMENT: Contracting the triceps, straighten the arm bringing your arms straight to your side.

TIP: Keep elbows at your side.