

Level 2 Strength Exercise #10: Triceps Extension

Objective: This exercise strengthens your triceps and upper arms.

How to begin: **You can perform this exercise while sitting or standing.*

1. Stand with your feet flat on the floor, shoulder-width apart.
2. With a weight (or band) in one hand, face your palm inward, raising your arm toward the ceiling.
3. Slowly bend the raised arm at your elbow and lower the weight toward your shoulder.
4. Hold this position for one second.
5. Breath out as you slowly straighten your arm above your head. **Do not lock your elbow.*
6. Switch arms.

How to progress:

1. Use wrist weights if available.
2. Use heavier weights when ready.

The following activities can be similar to this exercise:

1. Styling your hair.
2. Putting items away in overhead cabinets.

Goal:

Do ____sets, ____per set.

Increase to: ____sets, ____per set.

USING DUMBBELLS



USING RESISTANCE BANDS

