

### Bed-Based Strength Exercise #3: Single Arm Triceps Extension

**Objective:** This exercise strengthens your triceps and upper arms.

#### How to begin:

1. Begin by laying on your back with your knees bent and your feet flat on the floor.
2. With a resistance band in one hand, secure the remaining portion of the band underneath your shoulder.
3. Point your elbow up to the ceiling, securely holding the resistance band, while keeping your fist at the side of your face. Take a deep breath.
4. Breathe out as you slowly extend your arm to full extension. *\*You can use your opposite hand to support your arm if you'd like.*
5. Lower your arm back down to the starting position.
6. Do \_\_\_ sets, \_\_\_ per set.
7. Repeat on the opposite side.

A.



B.



#### How to progress:

1. Use heavier resistance bands.
2. Use both arms together.

#### Goal:

#### Increase to:

\_\_\_ sets, \_\_\_ per set.

#### The following activities can be similar to this exercise:

1. Placing items in overhead cabinet.
2. Styling your hair.