

Cross Body Triceps Extension With Bands

Area Targeted: Triceps



FIND THIS EXERCISE ON YOUTUBE: https://www.youtube.com/watch?v=_yRaOTucsfE

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the top of the door.

Bands: Attach a closed ankle strap to both ends of the band(s) and grip the loop of the strap with the hand of your active arm. Your fingers should be inside the loop, and thumb on the outside.

Body Positioning: Stand about 3 feet away from the door with your inactive side facing the door. Start with the hand of your active arm up by the opposite chest, palm facing towards your body. Create a strong base with your feet wider than hips width apart and your inactive hand on your hip.

MOVEMENT:

While keeping your upper arm perpendicular to the floor, pull your hand down and across your body until your arm is straight.

POINTS TO REMEMBER:

1. Keep your upper arm perpendicular to the floor and tight to your body as you straighten your arm.