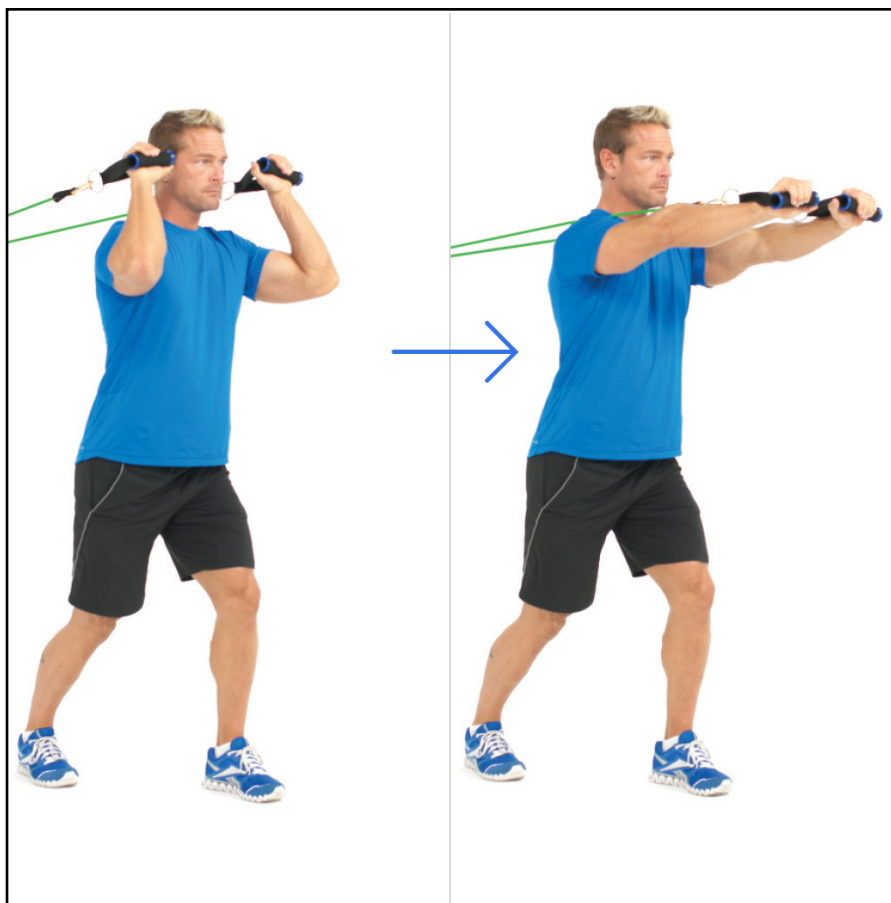


## Forward Triceps Extension With Bands

Area Targeted: Triceps



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=RHetGoBj2SI>

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at shoulder height.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle with each hand and stand about 3 feet from the door, with your back to the door. Stagger your legs, with one leg in front. Start with your upper arms up at parallel with the floor, with your hands close to your head at eye level, and palms facing forward.

#### MOVEMENT:

Push the handles forward and straighten your arms.

#### POINTS TO REMEMBER:

1. Keep your upper arms parallel with the floor throughout the movement.