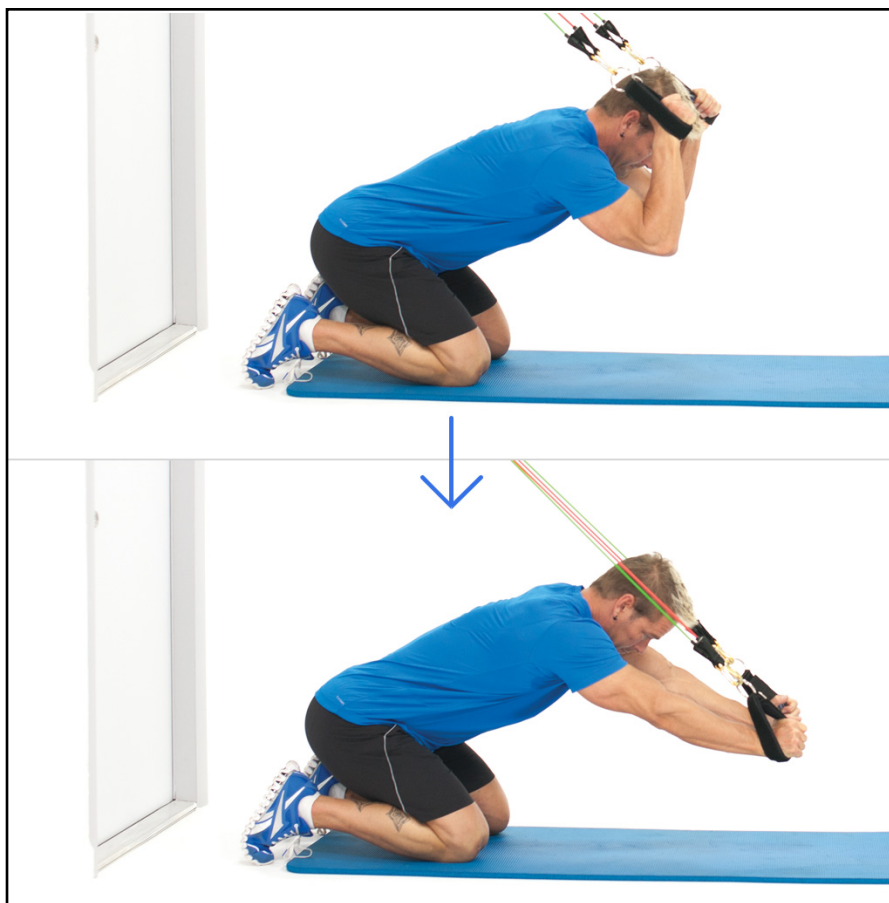


Kneeling Overhead Triceps Extension

Area Targeted: Triceps



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

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 each end of the band(s) and grip the loop of a strap with each hand. Your fingers should be inside the loop, and thumb on the outside.

Body Positioning: Kneel on the floor facing away from the door, with your feet touching the door. Keep your back straight, head straight and buttocks on your heels. Start with your palms on either side of your forehead, upper arm at a 45 degree angle with the floor and elbows about 12 inches apart.

MOVEMENT:

Push your hands out in front of you and straighten your arms.

POINTS TO REMEMBER:

1. Try to hold your upper arms at the 45 degree angle throughout the range of motion.
2. Keep your elbows in at 12 inches apart and do not let them bow out.