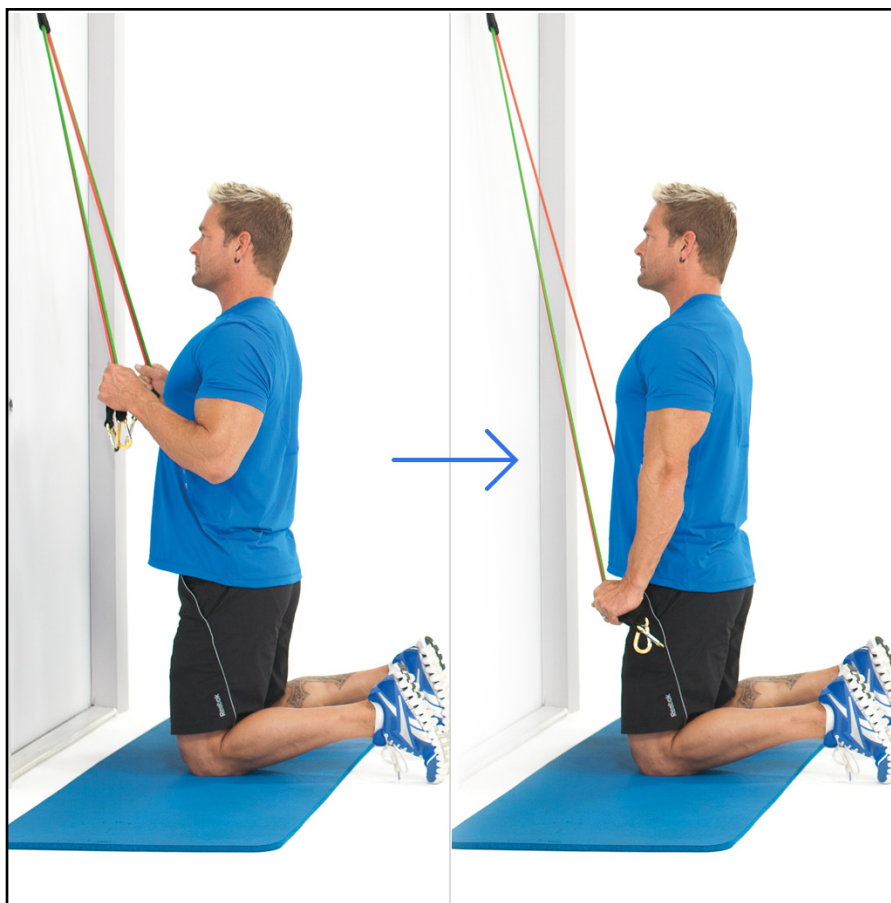


Kneeling Triceps Extension With Bands

Area Targeted: Triceps



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=kpkwfwl0dJQ>

INSTRUCTIONS:

SET UP:

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

Bands: Grip an end of the bands(s) in each hand, right above the clip.

Body Positioning: Kneel down, facing the door about one foot away from the door. Keep your back straight, head straight, chest up and stomach tight. Your upper arms should be perpendicular to the floor, elbows stationary at your sides, hands shoulder width apart, and your palms facing in.

MOVEMENT:

Push your hands down to the top of your thighs and straighten your arms.

POINTS TO REMEMBER:

1. Keep your elbows stationary at your sides, do not let them move forward or back during the movement.