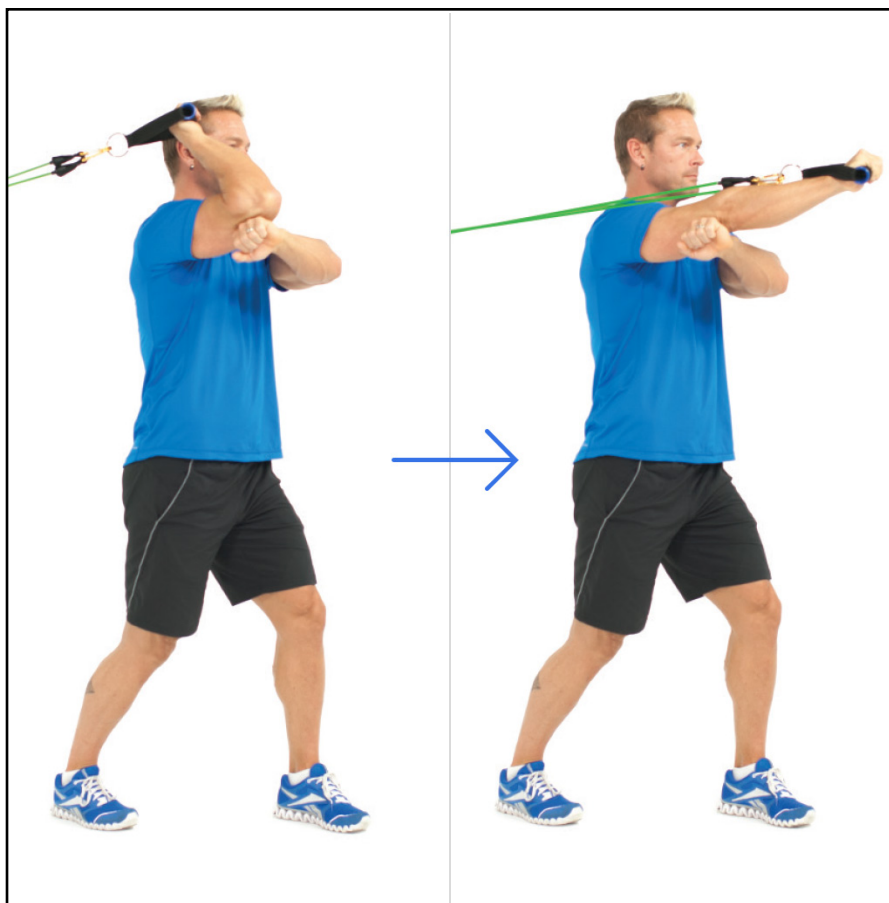


## One Arm Forward Triceps Extension With Bands

Area Targeted: Triceps



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=YfNN7OQWBZw>

### INSTRUCTIONS:

#### SET UP:

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

**Bands:** Attach both ends of the band(s) to one handle, and grip the handle with one hand.

**Body Positioning:** Stand about 3 feet from the door, with your back to the door. Stagger your legs, with one leg in front. Start with your active arm up at parallel with the floor, and place the top of your inactive hand underneath your active arm, for stability. Your active hand should be close to your head at eye level.

#### MOVEMENT:

Push the handle forward and straighten your arm.

#### POINTS TO REMEMBER:

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