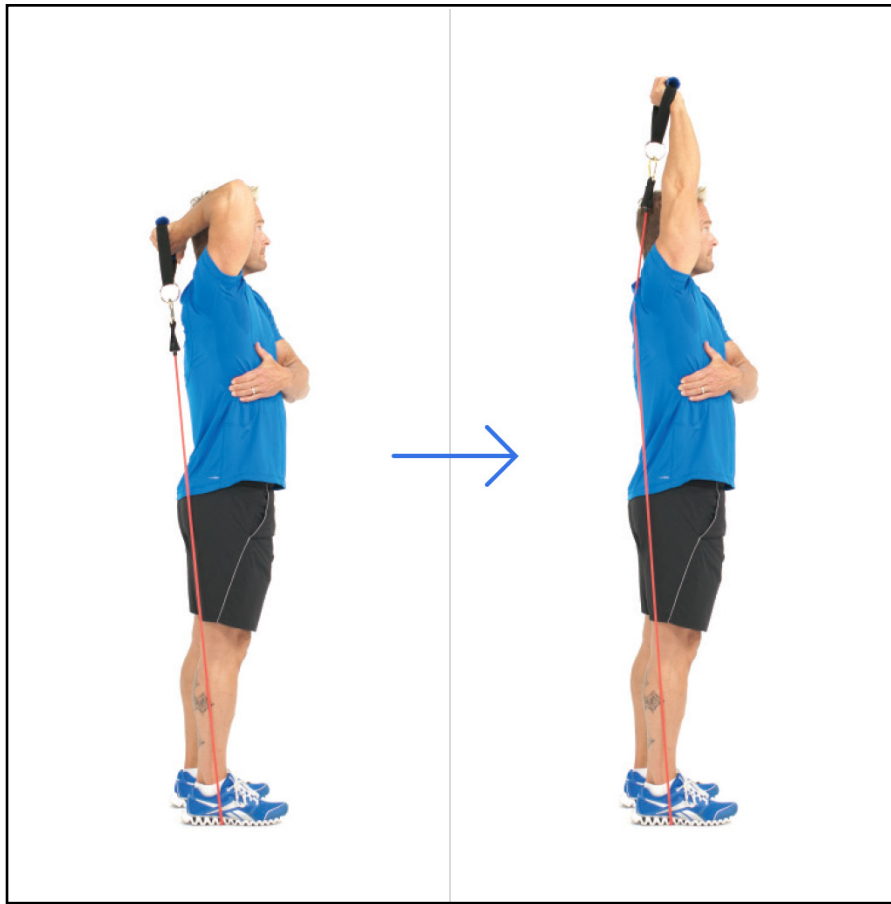


## One Arm Overhead Triceps Extension With Bands

Area Targeted: Triceps



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=zhBNbr9dbFA>

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Not required.

**Bands:** Attach a closed ankle strap to one end 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 on one the middle of the band(s). Grip the ankle strap or handle with your active arm and raise it until it is behind your head. Your upper arm should be perpendicular to the floor. Keep your head straight, back straight and stomach tight.

#### MOVEMENT:

Raise the ankle strap or handle straight above your head, until your arm is almost totally straight.

#### POINTS TO REMEMBER:

1. Try to keep your elbow pointed up during the entire range of motion.