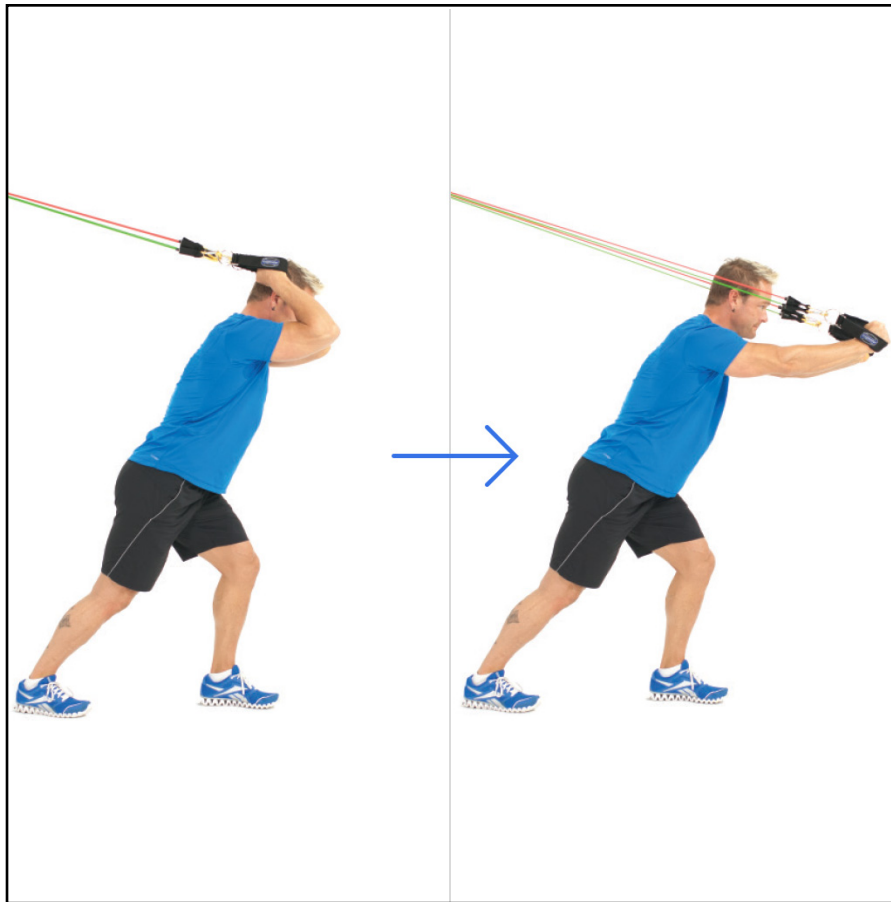


Overhead Triceps Extension With Bands

Area Targeted: Triceps



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=rL60vVkUyzM>

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 elastic(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: Stand with your back to the door. Move away from the door, and stagger your stance with your back foot 1 to 2 feet from the door. Keep your chest up, back straight and head straight. Position your arms so that your hands are at the back of your head (palms facing in) and your elbows are 12 inches apart.

MOVEMENT:

Push your hands down and forward until they are at eye level and your arms are straight.

POINTS TO REMEMBER:

1. Keep your elbows stationary at 12 inches apart, and do not let them move up or down.