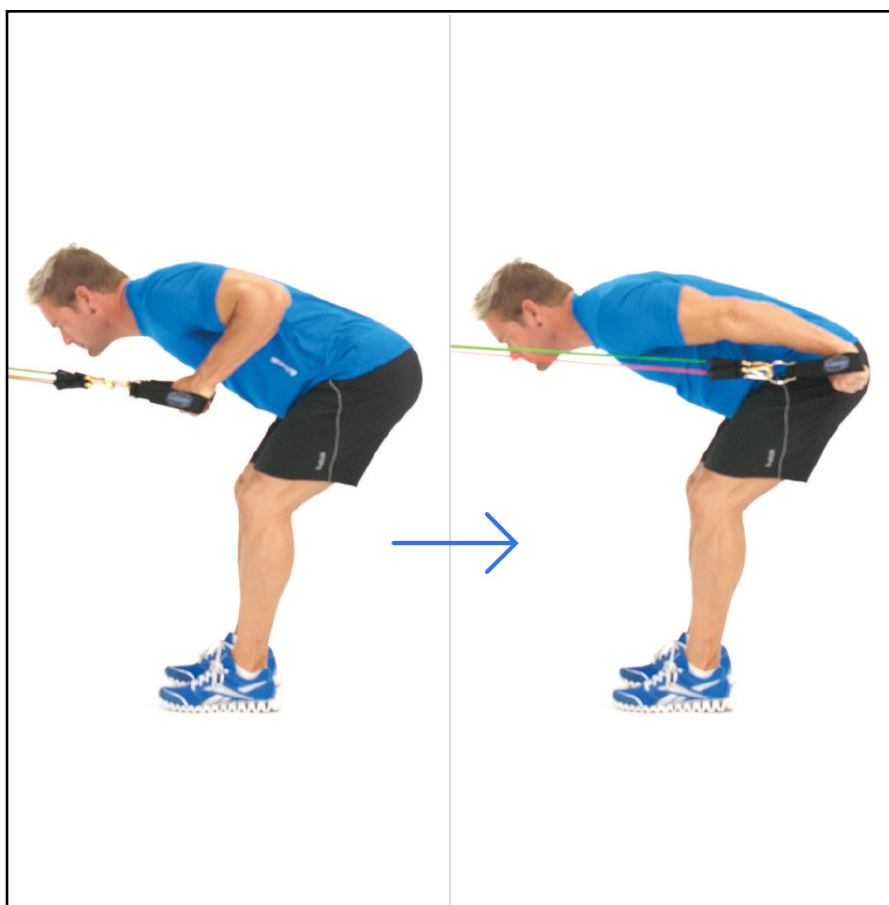


Standing Two Arm Triceps Kickback With Bands

Area Targeted: Triceps



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=cDvc03ZJgfk>

INSTRUCTIONS:

SET UP:

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

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: Stand 3 to 4 feet from the door while facing the door. Bend forward at your waist so that your back is almost parallel with the floor. Position your arms up, with your upper arms parallel with the floor, elbows tight to your side and hands right below your chest.

MOVEMENT:

Push your hands back until they are by your hips, and your arms are straight.

POINTS TO REMEMBER:

1. Keep your upper arms parallel with the floor and elbows tight to your body throughout the movement.