

Tricep Extensions

Strength

HOW TO

- Sit comfortably on the chair and position your hands at the top of the hand grips, palms facing forward
- Engage your core, tilt your chin slightly toward the chest and ensure you have a stable and comfortable position
- Align your elbows with the grips. The point of your elbow should be touching the lower part of the hand grip at the beginning of the movement
- Push away with your hands until your arms have straightened
- In a slow controlled movement lower the bars to the starting position
- Repeat



Tricep Extensions *(continued)*

MAP REF

5

Strength

BEGINNER

Leave your feet on the ground to make the exercise easier if you are developing strength

ADVANCED

Lift your feet off the ground to add weight

