



Overhead Tricep Extension

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Triceps

Can be done in standing or sitting, always with a good base of support.

Stand/Sit in sturdy chair, feet shoulder width apart and flat on the floor. Holding appropriate weight in one hand, palms facing forward, straighten arm over head. This is the starting position. Bending only at the elbow, slowly lower the weight behind your head, then return to the starting position overhead, in a smooth and controlled movement. Remember to keep your chin up and your elbow as still as possible throughout the exercise.

Repeat for 2-3 sets of 8-15 reps.