

Tricep Kickback

- 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

Start with a chair placed arms-length away and stand about 3 feet back from the chair, feet shoulder width apart. Hold an appropriate weight in one hand and bend at the waist, keeping your torso at an angle. Lift the weight up, pulling the elbow past the back and into your body. This is the starting position. Bending only at the elbow, extend your forearm back to straighten the arm, finishing with your arm parallel to the floor. Return to the starting position, in a smooth and controlled movement.

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