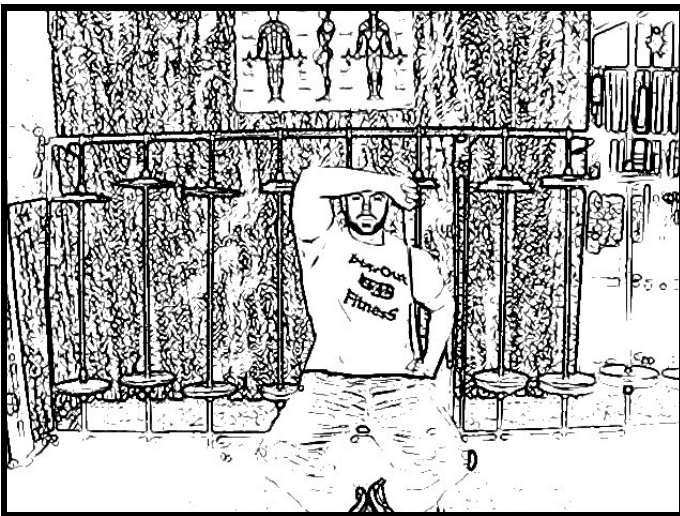


# Overhead Extension

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Triceps

Sit in a sturdy chair with good posture, hips and knees at 90°, with feet flat and shoulder width apart. Grasp one end of the band in each hand, rest one forearm across your forehead and rest the other hand on the same-side hip, bending both elbows to 90° so the band is straight, not loose or overstretched at rest. This is the starting position. Inhale, then exhale and extend the elbow to straighten the arm up over the head, inhale and return to the starting position for one repetition. Perform 8-15 repetitions, then switch sides and repeat with other arm to complete 1 of 2 sets. Focus on moving only the elbow joint to target the triceps and avoid straining other muscles.

Complete 2 sets of 8-15 reps with each arm.

