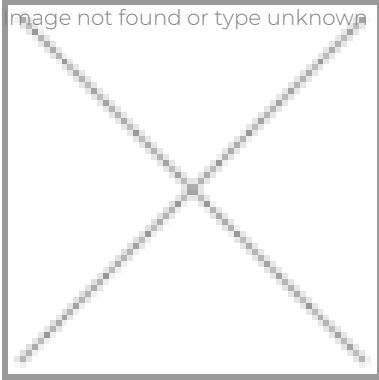


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INSTRUCTIONS

BANDED TRICEP EXTENSION

CATEGORIES: Power, Strength, Warm Up

LEVEL: Advanced

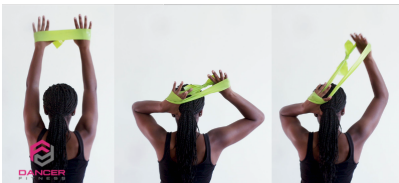
URL: <https://dancer-fitness.com/exercise/banded-tricep-extension/>

Arms

Shoulders

Upper Body

STEPS:



- With a band around the palm of your hand, lower your arms until one hand grasps the back of your head.
- Your working arm will then press straight up toward the ceiling leading with the palm of the hand.
- Do not lower your arm enough to lose tension in the band.

Repeat 15 - 20 times on each side.