Title: Cable Triceps Kickbacks

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs

Summary: <ul>

<li>Grab the handle of a lowered cable pulley with your right hand.</li>

<li>Place your left foot forward and your right foot behind you.</li>

<li>Keep a tight core and flat back as you bend at the hips, resting your left forearm on your left knee.</li>

<li>Raise your right elbow up and keep it at your side.</li>

<li>Extend your right hand behind you.</li>

<li>Pause and slowly lower to the starting position.</li>

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