Title: Bent Over Double Arm Tricep Kickbacks

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Lower Back

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding a pair of dumbbells with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the dumbbells back and behind you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the dumbbells and begin again.</span></li>

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