Title: Seated Single Arm Overhead Dumbbell Tricep Extensions

Primary Muscle Groups: Shoulders, Triceps

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit on a bench while holding a dumbbell in your left hand with an overhand grip. Tighten your core and straighten your lower back. Lift the dumbbell to shoulder height.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push the dumbbell overhead with your palm facing forward. Keep the upper arm in place. Slowly bend at the elbow and lower the weight behind your head.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push the dumbbell back up over your head squeezing the tricep muscle. Immediately begin the next repetition. Switch sides once you have completed all repetitions.</span></li>

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