Title: Tricep Dumbbell Kickbacks

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Forearms

Summary: <ol>

<li>Start by standing to the right of a flat bench with a dumbbell on the floor to your right.</li>

<li>Place your left knee on the bench with your left hand palm down n the bench in front of it. In this position, keep your back straight.</li>

<li>Pick up the dumbbell with your right hand using an overhand grip.</li>

<li>Raise your arm until it is in line with your body, keeping your elbow tucked into your side and bent to a 90 degree angle. Your forearm should be pointing straight down to the floor.</li>

<li>Extend your arm using your triceps to lift the weight until it is level with your shoulder.</li>

<li>Hold for a count of one while squeezing your tricep.</li>

<li>Lower to the starting position by bending your elbow to 90 degrees.Hold and repeat.</li>

<li>Complete the set for your right arm before changing stance to work your left arm.</li>

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