Title: Overhead Triceps Stretch

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Shoulders

Summary: <ul>

<li>Standing up straight with a tight core, extend your left arm straight into the air.</li>

<li>Keep the elbow up as you bend your arm behind your head.</li>

<li>Take the right hand and gently pull the left elbow towards the right.</li>

<li>Hold this stretch then switch to the other side.</li>

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