Title: Resistance Band Tricep Kickbacks

Primary Muscle Groups: Triceps

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Attach a resistance band to a door frame or other stable surface. Grab the handles of the band and walk backward until the slack tightens.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend slightly at the knees and forward at the hips. Maintain a flat back throughout.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your upper arms up and tight to your side. From here, you will pull the band back using the forearms only. The contraction will be felt exclusively in the triceps.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly return to the starting position and begin again.</span></li>

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