Title: Resistance Band Tricep Overhead Extensions

Primary Muscle Groups: Triceps

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push the handles of the band overhead while keeping a slight bend in the elbow. Brace your abdominals and do not arch your back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly lower your hands behind your head using only the forearms. The upper arms will stay in place with the elbow pointed up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push the handles back up, focusing the tension in the triceps.</span></li>

</ol>