Title: TRX Suspension Straps Tricep Extensions

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Safely secure a pair of suspension straps. Hold a handle in each hand then raise both of your arms above your head. Keep your elbow slightly bent.</li>

<li>Lean forward with a tight core. Bend your arms to allow your body to lean.</li>

<li>Slowly push your arms forward, straightening them and raising your body as you do.</li>

<li>Once your arms are extended with a slight bend in the elbow, slowly return to the starting position and repeat.</li>

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