**Dumbbell Triceps Overhead Extension**

**Equipment**: Dumbbells

* Start with a dumbbell or resistance band that lets you do 8–12 reps comfortably but not too easily.
* Increase the weight by about ½ kg (or move to the next band) every 3 months if it feels too easy.

**Instructions**:

1. Starting Position:

* Stand tall with your feet shoulder-width apart or sit on a bench with back support for added stability.
* Hold a dumbbell with both hands, gripping it by the inner plate or wrapping your thumbs around the handle.
* Extend your arms fully overhead, keeping your elbows close to your ears.

1. Lower the Dumbbell:

* Keeping your upper arms stationary, bend your elbows and slowly lower the dumbbell behind your head until your forearms reach a 90-degree angle.
* Inhale as you lower the weight, maintaining control.

1. Lift Back to Starting Position:

* Exhale and press the dumbbell back up to the starting position by extending your elbows fully.
* Squeeze your triceps at the top.

1. Repeat for the desired number of reps.

**Tips for Proper Form:**

* Keep your core tight and your back straight-avoid arching your spine.
* Keep your elbows close to your head and pointing forward, not flaring out.
* Use a slow and controlled motion-avoid jerking or using momentum.
* Exhale as you push the dumbbell up and inhale as you lower it.