**Overhead Triceps 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.

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Modify When Necessary – Reduce weight/resistance if experiencing discomfort.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Hold dumbbell overhead, elbows close to ears. Lower behind head, then extend arms up.
2. Repeat