**Overhead triceps stretch**

**Equipment**: None

**Instructions**:

1. Starting Position:

* Stand straight with your feet hip-width apart and your posture upright.

1. Bend the Arm:

* Lift and bend one arm, bringing your hand to the middle of your upper back.

1. Grasp the Elbow:

* Use the other hand to grasp the elbow of the bent arm and gently pull it towards your head.

1. Hold the Stretch:

* Maintain the stretch for 10 to 15 seconds, feeling the stretch in the triceps and shoulder.

1. Switch Sides:

* Release and repeat the stretch on the other side by bending the opposite arm.

1. Repeat:

* Perform the stretch on both sides as instructed, typically for 2-3 repetitions.

**Tips:**

* Relax Shoulders: Keep your shoulders relaxed to avoid tension in your back muscles.
* Pull Shoulder Blades Down: Slightly pull your shoulder blades down and back to enhance the stretch.
* Be Gentle: Increase the stretch gently to avoid any injury or discomfort.