

## Triceps Extension



**If your shoulders aren't flexible enough to do this exercise, see the alternative Triceps "Dip" exercise, below.**

1. Sit in chair, near front edge.
2. Feet flat on floor; keep feet even with shoulders.
3. Raise one arm straight toward ceiling.
4. Support this arm, below elbow, with other hand.
5. Bend raised arm at elbow, bringing hand weight toward same shoulder.
6. Slowly re-straighten arm toward ceiling.
7. Hold position.
8. Slowly bend arm toward shoulder again.