

Flexibility (Triceps)

Overhead Tricep



Exercise Description:

Overhead Tricep

Classification:

Flexibility (Triceps)

Instructions:

Place one arm above your head and bend your elbow. Now place your other hand above your head and grab the opposite elbow. Pull on the elbow across behind your head until you feel a good stretch in your tricep.

Hold for the recommended number of seconds.

Repeat with the other arm.

Tricep Stretch



Exercise Description:

Tricep Stretch

Classification:

Flexibility (Triceps)

Instructions:

1. Stand or sit in upright position
2. Place hand of arm to be stretched at base of neck.
3. Grasp elbow with opposite hand and pull until a stretch is felt in tricep (in back of arm)
4. Hold for 20-30 seconds. Repeat as prescribed.

