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)