

## Tricep (Bands)

### Leg ext/Tricep Ext with band



#### **Exercise Description:**

Leg ext/Tricep Ext with band

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by placing the band underneath your foot and holding it with one hand over your head.
2. With your knee bent and elbow bent simultaneously straighten the limbs until both are in full extension.
3. Return to the starting position and repeat with the other leg.

### Standing Overhead Tricep Extension with band



#### **Exercise Description:**

Standing Overhead Tricep Extension with band

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by holding the tubing in one hand and placing that hand behind your back.
2. Now grab the other end of the band with the arm that is over your head.
3. Extend the top elbow until your arm is fully extended.
4. Return to the starting position and repeat for the prescribed repetitions.

## Tricep Pressdown



### Exercise Description:

Tricep Pressdown

### Classification:

Tricep (Bands)

### Instructions:

- 1) Secure door strap overhead at top of door.
- 2) Stand approximately 2-3 feet away from attachment point with feet shoulder width apart and knees slightly bent . You may use a staggered stance for increased stability.
- 3) Start position: Grasp handles with shoulder width or medium overhand grip (palms down). Lower handles to chest level so that elbows are bent at 90°.
- 4) Keeping shoulders stabilized and elbows close to sides, extend arm and lower bar to hip level.
- 5) Return to start position.
- 6) Remember to keep back and head erect and in a neutral position. Stabilize shoulders by squeezing shoulder blades together slightly.

## Standing Tricep Extension with Tubing



### Exercise Description:

Standing Tricep Extension with Tubing

### Classification:

Tricep (Bands)

### Instructions:

1. Start by holding tubing in each hand above your head.
2. Hold one hand stationary as a fixed object. Proceed to extend the other arm until full

extension is reached. Return to the starting position.

3. Repeat with the other arm until prescribed repetitions are complete.

### **Tricep Kickback**



#### **Exercise Description:**

Tricep Kickback

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

- 1) Stand approximately 2-3 feet away from attachment point with feet shoulder width apart, knees slightly bent, and with a staggered stance.
- 2) Start position: Grasp handle with an overhand grip. Bend elbow to a 90° angle and keep close to the side.
- 3) Moving only at the elbow, extend forearm back.
- 4) Return to start position.

### **1-Arm seated tricep extension**



#### **Exercise Description:**

1-Arm seated tricep extension

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by placing the band under the bench or seat and grabbing one end of the band with your hand.
2. Sitting in an upright position with your abs tight extend your hand over your head

until your arm is straight.

3. Keep elbow pointed towards the ceiling and bend elbow to repeat movement for the recommended repetitions.

4. Repeat with the other arm.

### **1-Arm seated tricep extension on ball**



#### **Exercise Description:**

1-Arm seated tricep extension on ball

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by placing the band under the bench or seat and grabbing one end of the band with your hand.
2. Sitting in an upright position with your abs tight extend your hand over your head until your arm is straight.
3. Keep elbow pointed towards the ceiling and bend elbow to repeat movement for the recommended repetitions.
4. Repeat with the other arm.

### **Tricep Kickback with band**



#### **Exercise Description:**

Tricep Kickback with band

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by placing the band under your feet and bending forward keeping your lower back flat.

2. Raise your elbows up to be slightly above your back.
3. Holding your elbows in one place extend your hands back and up until your arms are straight.
4. Return to the starting position and repeat for the recommended repetitions.

### **Cable Overhead Tricep Extensions**



#### **Exercise Description:**

Cable Overhead Tricep Extensions

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by placing cable or band at or near head level. Step forward with one foot for balance.
2. Grab handle with your hands and with your elbows pointing forward extend your hands out until your arms are straight.
3. Return to the starting position and repeat for the recommended repetitions.

### **Seated Overhead Tricep Extension on Ball with Band**



#### **Exercise Description:**

Seated Overhead Tricep Extension on Ball with Band

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by sitting on a ball with the band secured under your feet or the ball.
2. Bring the band up above your head with your arms extended.

3. Keeping your elbows stationary bend your arms so that your hands come down and back behind your head.
4. Extend your arms and return to the starting position and repeat.

### **Seated Overhead Tricep Extension with Band**



#### **Exercise Description:**

Seated Overhead Tricep Extension with Band

#### **Classification:**

Tricep (Bands)

#### **Instructions:**

1. Start by sitting on a bench with the band secured under your feet or the bench.
2. Bring the band up above your head with your arms extended.
3. Keeping your elbows stationary bend your arms so that your hands come down and back behind your head.
4. Extend your arms and return to the starting position and repeat.