

Tricep (stability ball)

Tricep Extensions



Exercise Description:

Tricep Extensions

Classification:

Tricep (stability ball)

Instructions:

- 1) Sit in upright position on a ball. Grasp DB's rest it on corresponding thighs.
- 2) Start position: Lie onto back and bring the barbell to your chest. Press DB's up so they are directly over the upper chest.
- 3) Lower the dumbbells toward your forehead by bending elbows to 90°. Elbows should remain pointing forward.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

One Arm Tricep Extension



Exercise Description:

One Arm Tricep Extension

Classification:

Tricep (stability ball)

Instructions:

- Sit in upright position on a flat bench. Grasp one DB and rest it on corresponding thigh.
- Start position: Lie onto back and bring the dumbbell to your chest. Press dumbbell up so that it is directly over the upper chest.
- Lower dumbbell towards your chest by bending elbows to 90°. Elbows should remain

pointing out away from the body.

Return to start position.

Remember to keep back and head straight in a neutral position - hyperextension or flexion may cause injury. Keep shoulder stabilized throughout movement.

DB Overhead Tricep Extension



Exercise Description:

DB Overhead Tricep Extension

Classification:

Tricep (stability ball)

Instructions:

- 1) Sit with feet shoulder width apart in an upright position.
- 2) Start position: Grasp DB and place palms on inner side of weight plate as shown. Press DB directly overhead (now palms are up).
- 3) Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension or flexion may cause injury.
- 6) To add intensity to the exercise bring feet together so they are touching. This will decrease your center of gravity and make your core work harder to stabilize the upper body.

DB tricep extensions on ball



Exercise Description:

DB tricep extensions on ball

Classification:

Tricep (stability ball)

Instructions:

- 1) Sit in upright position on a ball.
- 2) Start position: Lie onto back and bring the dumbbells to your chest. Press dumbbells up so that the dumbbells are directly over upper chest.
- 3) Lower dumbbells toward forehead by bending elbows to 90°. Elbows should remain pointing forward.
- 4) Return to start position.

Kneeling on ball overhead extensions**Exercise Description:**

Kneeling on ball overhead extensions

Classification:

Tricep (stability ball)

Instructions:

1. Start by kneeling on a stability ball and maintaining balance.
2. Take two dumbbells and hold them overhead.
3. Proceed to bend your elbows past 90 degrees and then extend the dumbbells back overhead.
4. Continue to maintain your balance and repeat for the prescribed repetitions.

Overhead tricep ext on ball

Exercise Description:

Overhead tricep ext on ball

Classification:

Tricep (stability ball)

Instructions:

- 1) Balance on your knees on the ball. Keep torso perpendicular to the floor.
- 2) Start position: Grasp bar shoulder or medium width apart with overhand grip (palms down). Press bar directly overhead (now palms are up).
- 3) Stabilize shoulders and lower weight moving only at the elbow joint until forearm is parallel to floor. Keep elbows pointing forward throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension or flexion may cause injury.

Single arm tricep extension**Exercise Description:**

Single arm tricep extension

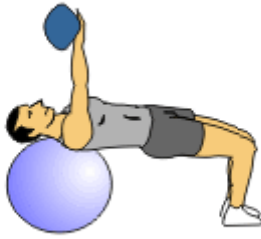
Classification:

Tricep (stability ball)

Instructions:

1. Start by kneeling on a stability ball and balancing.
2. Take the toning bar in one hand and hold behind your head.
3. Extend your elbow so that your hand is above your head.
4. Return to the starting position and repeat.

Supine tricep extension with kettleball



Exercise Description:

Supine tricep extension with kettleball

Classification:

Tricep (stability ball)

Instructions:

1. Lie on your back and place the ball under your upper back.
2. Hold a kettleball in one or two hands above your head with your arms extended.
3. Bend your elbows so that the kettleball comes down towards your head.
4. Once your elbows are bent to about 90 degrees then extend your arm and return to the starting position.

Incline overhead tricep extension



Exercise Description:

Incline overhead tricep extension

Classification:

Tricep (stability ball)

Instructions:

1. Lie on your back on the ball and drop your hips towards the floor.
2. Hold the dumbbells above your chest with your arms extended.
3. Proceed to bend your arms at the elbows until your elbow is bent to around 90 degrees.
4. Return to the starting position and repeat.
5. Try not to move your elbows or upper arm during this movement.

1-Arm seated tricep extension on ball



Exercise Description:

1-Arm seated tricep extension on ball

Classification:

Tricep (stability ball)

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.

Seated Overhead Tricep Extension on Ball with Band



Exercise Description:

Seated Overhead Tricep Extension on Ball with Band

Classification:

Tricep (stability ball)

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.

