

## **Triceps (seated)**

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



#### **Exercise Description:**

1-Arm seated tricep extension

#### **Classification:**

Triceps (seated)

#### **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:**

Triceps (seated)

#### **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:**

Triceps (seated)

#### **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:**

Triceps (seated)

#### **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.

