

Triceps (Toning bar)

Supine tricep extension with toning bar



Exercise Description:

Supine tricep extension with toning bar

Classification:

Triceps (Toning bar)

Instructions:

1. Lie on your back and place the ball under your upper back.
2. Hold a toning bar above your head with your arms extended.
3. Bend your elbows so that the bar 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.