

for the sides of your upper arms

Band Tricep Push-Down

Position

- ✦ Tie one end of the band to the doorknob on the opposite side of a door.
- ✦ Place the band over the top of the door and close the door.
- ✦ Stand with your feet hip-width apart and your knees slightly bent.
- ✦ Keep your back straight and your stomach tight.
- ✦ Grasp the other end of the band with your left hand, palm down, and face the closed door.
- ✦ Bend your elbow so that your forearm is parallel with the floor.
- ✦ Keep your upper arm (from elbow to shoulder) at your side throughout the movement and your wrist firm.
- ✦ Place your right hand on your hip for balance.

Movement

- ✦ Take 3 seconds exhaling through your mouth as you push downward with your left arm as far as you can without locking your elbow.
- ✦ Hold for 2 seconds in this position, feeling the side of your upper arm tightening.
- ✦ Inhale through your nose, as you raise your forearm until it is parallel to the floor (your arm at an L shape) for 4 seconds.

Extra stretch: Stop at the L shape, then raise your forearms to your chest and feel a great stretch.

Hold for 15 seconds.

Repeat with your right arm.



Figure 19. Band Tricep Push-Down (A)



Figure 20. Band Tricep Push-Down (B)