

# Triceps Kickbacks



**Muscle Group:** Arms (triceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Dumbbell or barbell

## Instructions

1. Choose a set of weights that you feel comfortable using.
2. Start with your arms resting by your sides with weights in your hands (grip facing in towards your body).
3. Bend your knees, lean forward, and keep your back flat.
4. Flex arms to 90 degrees and pull your elbows back
5. Then slowly extend your arms and weights back behind your body then return your arms to the 90 degree angle.
6. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Try single arm triceps kickback (one arm at a time) if needed.
- Keep elbows close to your body and your head straight.
- Make sure movements are slow and controlled.
- Beginner Tip: Start with 3-5lbs weight and adjust as needed.



Click here or scan the QR Code below to watch video instructions!

