

Triceps Stretch



Description: Triceps Stretch (flexibility & balance). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

Instructions

1. Lift your right arm up and bend your elbow placing your right hand on your upper back.
2. With your left hand, grab your right elbow and pull towards the left side.
3. Hold the stretch for 30 seconds.
4. Repeat with the left arm.
5. You should feel the stretch in your triceps muscle.

Tips & Modifications

- If your flexibility is limited, bring your arm up to your ear and bend your elbow, hold that stretch.



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

