

**Tricep Kickbacks**

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- In a lunge position, one leg forward, and one leg back, place one hand on a firm, stable surface while holding a dumbbell or other weight in the other hand. Another option is to kneel with one knee on a bench or other solid surface
- Bend your knees slightly to protect your back, keeping your back flat and as close to parallel to the floor as possible
- Tighten your abdominal muscles, and hold them tight throughout the exercise
- Raise your arm that is holding the weight so your elbow is close to your side, and keep it there throughout the exercise
- Without moving your elbow from your side, straighten your arm, palm toward your body, then slowly return to the start position. Complete your set and repeat on the other side
- To make this more challenging, rotate your wrist so your palm faces up at the end
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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