

1 FRONT TRICEP EXTENSION



The Set-up

- On the ball, feet shoulder-width apart
- Opposite hand on the ball for support
- Grip - thumb under and wrapped
- Extend arm straight up as high as you can go

Key Points

- Extend arm slightly forward in front of face
- Bend to 90 degrees - watch wrist keep straight
- Make sure you come to full extension at the top



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