

3 TRICEP KICKBACK



The Set-up

- One hand on ball, legs lined up with shoulders, staggered
- Grip - thumb wrapped over the top
- Elbow sets higher than shoulder
- Wrist **MUST** be straight - weight perpendicular



Key Points

- Full extension then back to 90 degrees
- Create an upside down T with dumbbell and wrist
- **DO NOT** flick the wrist!



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