



- Reach your arm back over your shoulder and put the palm of that hand on your back between your shoulder blades.
- Grasp your elbow with your opposite hand and pull back on the elbow.
- Feel the stretch in your triceps muscle.
- Do not pull your arm back so much that you feel pain, just a gentle stretch.
- Hold for 30 seconds or until you feel the triceps has been stretched out to your satisfaction.

TRICEPS STRETCH