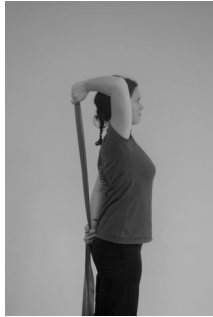
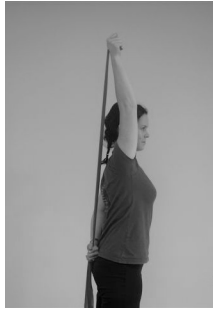


THERABAND TRICEPS



Starting Position

- Hold onto the band with both hands behind your back
- With your top arm, elbow bent and your hand stretching down your back



Movement

- Extend your elbow and straighten your arm against the resistance
- Then slowly return your arm to the starting position, keeping tension on the band
- Repeat 5 – 10 times each side