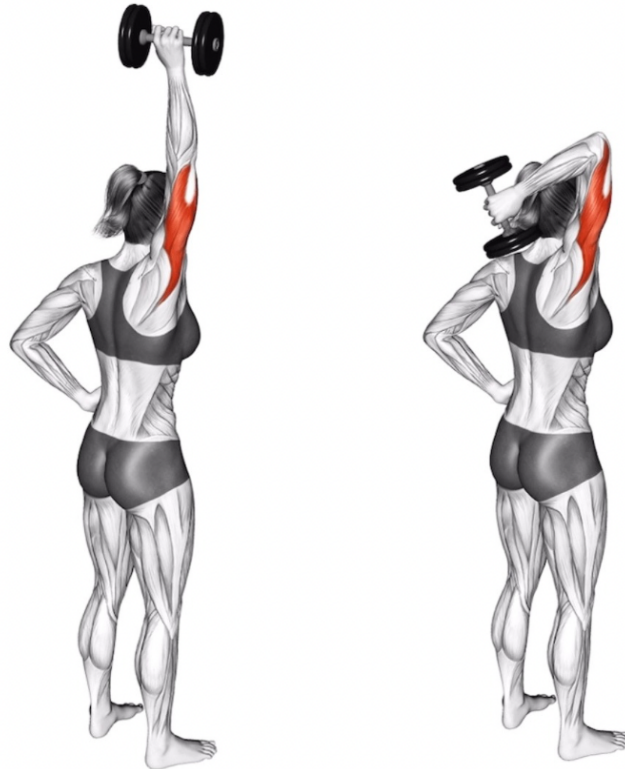


HOW TO PERFORM A OVERHEAD TRICEP EXTENSION

MUSCLES WORKED

TRICEPS
CORE



1. Lift the dumbbell directly overhead. Ensure the head stays aligned over the chest, the core remains engaged, and the shoulders are relaxed.
2. Extend both arms fully, then exhale and slowly lower the weight, bringing the weight behind the head by bending at the elbows. Be sure the chest stays aligned over the hips and the back does not arch.
3. Inhale and reverse the movement once you reach a 90-degree bend at the elbow or slightly further, lifting the weight back to the starting position. The weight should not touch the back of the head when it is in its lowest position.

COACHING TIPS:

The overhead tricep extension can be performed seated or standing.

The standing version engages the core more, however care must be taken to protect the lower back from overextension.

Do this by bracing your core and pulling your belly button towards your pelvis.

This will also help to keep the movement coming from the triceps and not the torso.

Make sure to choose a weight that allows you to perform the full range of motion with correct form.

It's important to avoid flaring the elbows as this can place pressure on the shoulder and elbow joints, as well as remove tension from the triceps.