

Exercise and Stretch of the Day

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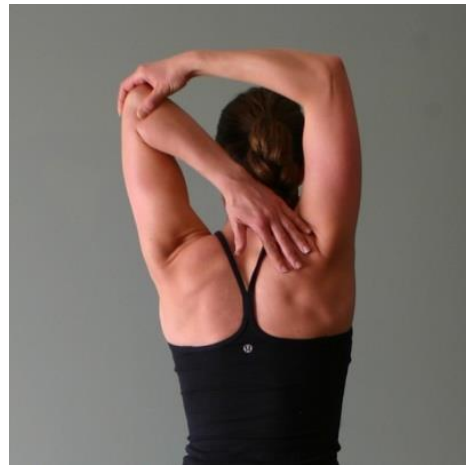
Today's Muscle is: **The Triceps**

Why are these muscles important to stretch and strengthen?

Whenever you use your arms, your triceps come into action. Building strong arms, including the triceps, can help you become stronger and more functional in your everyday tasks.

A Stretch for the Triceps Muscles: *Triceps Stretch*

- Raise one arm with your bicep near your ear, and the hand on your upper back.
- Use your other arm to reach your elbow and pull it backwards gently.
- Hold stretches 20-30 seconds, then repeat with the other arm
- Complete 1-3 repetitions per arm



An Exercise for the Triceps Muscle: *Banded Triceps Kickbacks*

- Place the band around something sturdy like a pole, desk, tree
- Grab the band by the ends; make sure that the band is held with the same distance. If one arm has more resistance, more resistance will be felt on the one side. You want the resistance to be equal.
- Slightly bend your knees and tilt forward.
- Keep your head aligned with your torso.
- Keep elbows tucked in close to your body.
- Fully extend arms back. Hold for 1 second then release.
- Complete 1-3 sets for 8-12 reps.

