

## Tricep Extensions on the Ball

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- Place a large exercise ball at shoulder height against a wall on the floor
- Push your hands against the ball, keeping your elbows pointed toward your feet, elbows close to your body
- Your feet should be a couple of feet away from the ball, leaning your body toward the ball with your body a straight line from your head to your heels
- Lower your chest toward the ball, keeping your elbows tight to your body
- Push back to the start position, keeping your abdominal muscles tight to protect your lower back
  
- For best results, try to complete 3 sets of 8-12 repetitions, finding a weight that will fatigue your muscles by at least the last set

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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