



Tricep Stretch

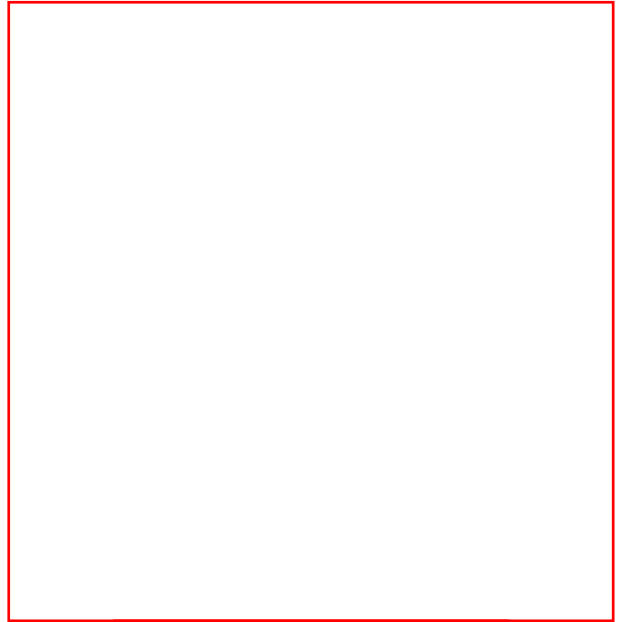
Description: Stretches the tricep muscle.

Before: Place the back side of your left arm against a wall with your elbow pointing towards the ceiling if you can. Place the palm of your right hand against your left wrist.

After: Slowly push your left wrist to increase the bend of your left elbow. At the same time attempt to slide your left elbow slightly up the wall towards the ceiling. If necessary step closer to the wall as you increase the stretch.



Before



After