Tricep S	Stretch			
Descrip	tion: Stretches the tricep muscle.			
	Place the back side of your left arm against a wall wind against your left wrist.	th your elbow p	ointing towards the ceiling if you can. Place the palm of y	/oui
After: S wall to	Slowly push your left wrist to increase the bend of you wards the ceiling. If necessary step closer to the wall a	ur left elbow. At as you increase the	the same time attempt to slide your left elbow slightly up he stretch.	the
1		]		
1	Before		After	

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