

Your Exercise Routine: Tricep Kickback/Extension

This next exercise is called a Tricep Kickback, or extension. It is designed to strengthen the muscles of your upper arm between your shoulder and your elbow.

For this exercise we need a tool. Today we're going to use a dumbbell, which you can purchase pretty inexpensively at a discount store, department store or sporting goods store. You can also use objects from around the house, like a can or a water bottle - anything that has some weight to it that you can actually grip.

To do this exercise - to perform it - we're going to step one foot in front, one foot behind us with both toes straight ahead. The knees are bent.

Now we're going to hold the weight on the same side as the foot that is behind us. We're going to position our other hand on top of our leg that's in front of us to brace ourselves for support.

I lean forward supporting my weight onto my front leg with my elbow up in the air, and I'm going to actually straighten my arm and then lower the weight down to my side. Straighten the arm ... and lower the weight down.

You want to make sure that the elbow does not move. It stays in one spot and then you lower the weight down. We're going to complete 10 exercises on this side, and then we're going to switch our feet and our arms to do the other side.

Two more ... bring the weight down to your side and step in.

Thank you. Very good.