

555 GOLF TIPS

'PERFORMANCE EXCELLENCE'

FITNESS DRILLS

TRICEPS KICKBACKS

Triceps Kickbacks (or Cable Pushdowns)



What muscles are worked:

Triceps (back of upper arms)

How to do it:

Place your right knee and your right hand on a sturdy chair or bench for support. Pick up a dumbbell in your left hand, palm facing in. Your left foot should stay flat on the ground. Hold your left arm close to your rib cage and extend the dumbbell back and away until your arm is parallel with the floor. Tighten your triceps at the top, then slowly lower your arm to the starting position. When complete, repeat on the other side.

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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