



## Single- Leg Dumbbell Triceps Extension

**Purpose:** To build triceps strength and core stabilization

**Target Muscles:** Long head of the triceps muscle

**Assisting Muscles:** Lateral and medial head of the triceps muscle and core

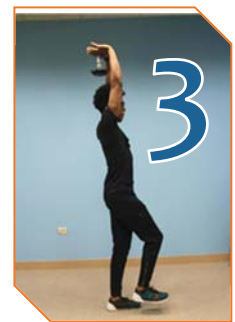
**Equipment Needed:** 1 heavy dumbbell

**Start:** Begin by balancing on your dominant foot. Engage the abdominals and tuck the pelvis slightly. Hold one heavy dumbbell with both hands, palms of the hands facing the ceiling. Slowly lift the dumbbell overhead until both arms are fully extended with biceps by the ears.

**Movement Phase 1:** Keeping the biceps near the ears, inhale, and lower the dumbbell until the elbow reaches a 90 degree angle. The shoulder joint and the elbow should remain stationary.

**Movement Phase 2:** Exhale, return the dumbbell to the starting position with arms fully extended.

**Repeat:** Perform 3 sets of 10 repetitions.



### Modification

**Beginner:** Perform the exercise with both feet on the floor in a staggered stance.

**Advanced:** Perform the exercise with only 1 hand gripping the dumbbell for a single arm triceps extension and/or add additional stabilization elements by balancing on a BOSU or balance board.



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