

Dumbbell Tricep Kickbacks Exercise

1. Place one knee on a weight bench and lean forward at the waist, keeping your back straight and supporting yourself with your opposite hand.
2. Hold a dumbbell in the hand on the side of the knee that is on the bench with your elbow bent at 90 degrees and your palm facing your body.
3. Using your elbow as a pivot, slowly extend the weight backward by unbending your elbow. Extend your arm fully without locking your elbow.
4. Lower to the starting position and repeat.
5. Repeat on the other side.

