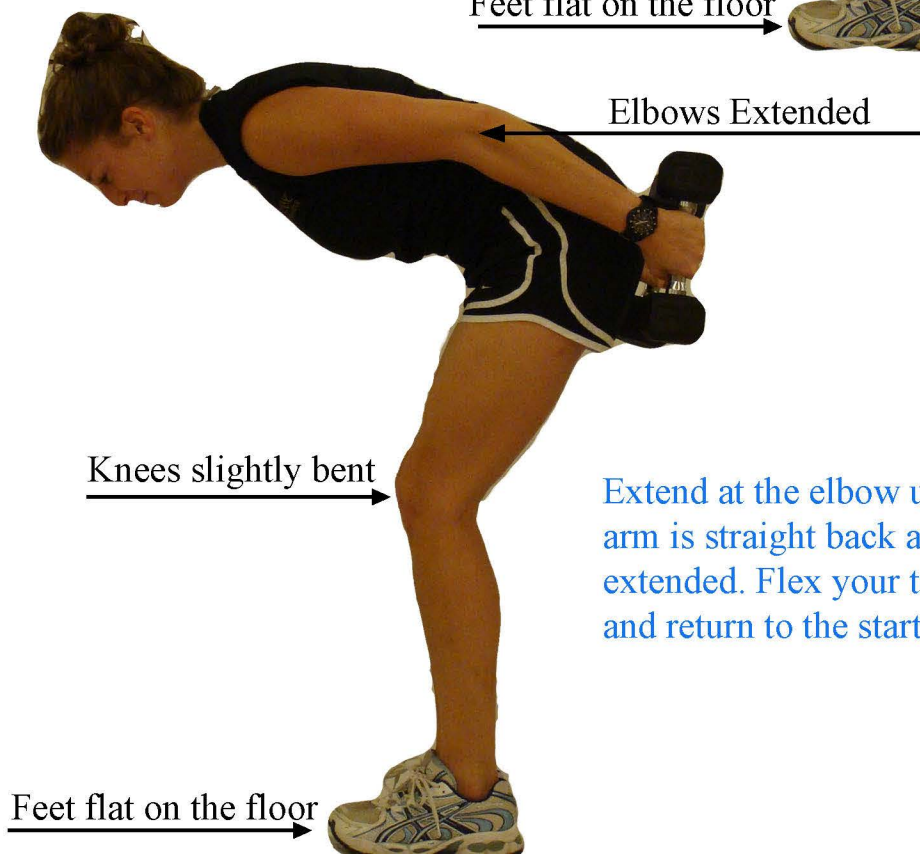


# Dumbbell Kickbacks

This exercise mainly works the Triceps Brachii.

Bend at the waist so that your torso is about parallel to the floor. While holding dumbbells in your hands press your arms tight against your body with your upper arm parallel to the floor.



Extend at the elbow until your arm is straight back and fully extended. Flex your triceps hard and return to the starting position.