

## Lose that extra arm flab with tricep kickbacks!



Tone and strengthen your arms by working your triceps. Your batwings will melt away with each repetition!

Start on your hands and knees "all fours" with your legs hip-distance apart. Keep your back flat and abs in keeping your torso is parallel to the floor. Pull the elbow up to the torso and relax the shoulders at you extend the elbows, bringing weights up behind you. Lower back down and repeat for 1-3 sets of 8-16 reps.