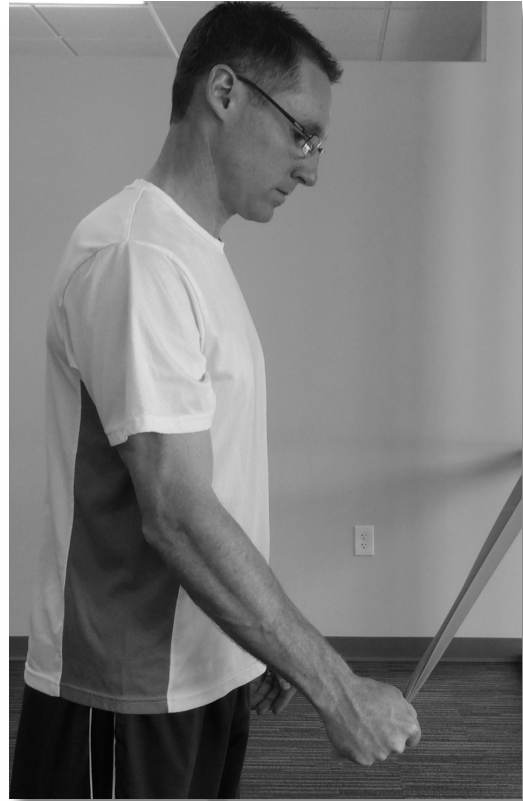


# Tricep Press Down



- With the band mounted overhead, pull down keeping your wrist straight until your elbow is fully extended.
- Perform 20 times or until fatigue, whichever comes first.
- Progress by picking up your back leg and balancing on one foot.