

Stretch of the Month



Triceps Stretch

To stretch your triceps:

1. Reach up and back with right arm. Point elbow to the sky.
2. Use other hand to support your elbow by your head as you stretch your triceps in your right arm .
3. Repeat for the other side.

Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

