

Seated Arm Kickbacks (Triceps)



1. Sit with both your legs fully extended.
2. Lean your upper body forward slightly.
3. Keeping your arms at your sides, **bend your elbows** so the part your arm from your shoulder to your elbow is almost parallel to the ground.
4. **Straighten your forearm back behind you**, squeezing your triceps at the end.
5. Bring your forearms back to the starting position, **bending only at your elbows**.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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