

Seated Arm Punches (Triceps)



1. Sit with both your legs fully extended.
2. Bring your arms up to **chest level**. Close both your hands into fists.
3. **Alternate** punching forward with each arm.

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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