

July Exercise of the Month

Tricep Extension Bridge Lift



Start: Lie on your back with your knees bent, feet flat, and hold a weight in each hand. Raise your arms straight up and hold the weight directly above your head, palms facing each other. Then bend your elbows and lower the weights behind your head, upper arms held close together, elbows pointing up.

Technique Tip: Avoid pressing your lower back flat to the ground. Tighten your abs slightly and preserve the natural curve in the lower spine.



Finish: Simultaneously, push the weights up and straighten your arms as you squeeze your butt and raise your hips about four to eight inches from the ground. Lift your entire torso as a unit—do not tilt the pelvis and bend at your waist. Bend your elbows and lower the weights behind your head as you lower your hips and ribs as a unit and repeat.

Safety Tip: Avoid over-arching your lower back by pushing your hips up too high. Lift only the mid and lower spine off the floor and maintain a straight line from shoulders to hips to knees.