













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EXERCISE FOR THE MONTH

T R P d

The triceps are those muscles on the back of the arms. To perform exercises for the triceps, do 1-3 sets of 8-12 repetitions, 1-2 times per week.

I c :

1. Stand approximately 2-3 feet away from overhead pulley with feet shoulder width apart and knees slightly bent . You may use a staggered stance for increased stability.
2. Start position: Grasp rope with neutral grip (palms facing each other, thumbs up). Lower bar to chest level so that elbows are bent at 90°.
3. Keeping shoulders stabilized and elbows close to sides, extend arm and lower rope to hip level .
- 4) Return to start position.