

# FreeMotion Tricep Exercises

Seated Two Arm Extension

TRADITIONAL



Seated Alternating Arms Extension

PROGRESSIONS



Seated One Arm Extension



Standing Two Arm Extension



Standing Alternating Arms Extension



# FreeMotion Tricep Exercises

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**Standing One Arm Extension**



**Seated Two Arm Extension Facing Out**



**Seated One Arm Extension Facing Out**



**Standing One Arm Extension Facing Side**



**Standing One Arm Extension Facing Out**

