Dumbbell kickback

Muscles strengthened:
Triceps. The chest and back muscles act as stabilizing muscles.

Activities muscles are utilized for:
These muscles are used as prime movers in most pushing or extending movements. Examples are breast stroke, shot put, bar work in gymnastics, pole vault, hand shivers in football, batting, fencing thrust, passing and shooting in basketball, passing in football, and boxing.

Starting position:
Bend over at the waist until the upper torso is parallel to the floor. The feet are shoulder width apart. Grasp the dumbbells in both hands so that the palms are facing each other. The upper arms are parallel to the floor, and the forearms are bent at a 45° angle to the upper arms.

Action:
Straighten both arms to the back until the elbows lock. Return to the starting position.

Precautions:
Keep the body stationary, and do not jerk the dumbbells in the movement.

Figure 1. With feet shoulder-width apart, grasp dumbbells in each hand and bend at the waist.

Figure 2. Straighten the arms to the back from their 45° angle until elbows lock. Return to the starting position.