



# Exercise of the Month



## Tricep Dip and Toe Touch

**Purpose:** To create strength and mobility in the legs, core, and triceps

**Target Muscles:** hamstrings, glutes, triceps, abs

**Equipment Needed:** Mat

### Start/Movement:

- Begin in seated position with knees bent and fingers and toes facing forward
- With a slight bend in the elbows, use the triceps as well as the legs to lift the body
- Reach the right hand toward the left foot and then return to the starting position
- Repeat the tricep dip and toe touch on the other side
- As you reach towards the toes you can straighten the arms and legs.
- For an added challenge you can place your arms on an elevated surface such as a box or step to get more depth in your movement.
- Complete 12-15 repetitions

