

# Tricep Trigger Point Release



On a flat surface, roll the back of your arm over a ball until you find a tender spot. You can also use a hard water bottle or similar.

Resting the tender spot on top of the ball, push down and slowly straighten your arm.

Continue for 2 minutes or until the spot is no longer painful.

Repeat process for all sore spots along your triceps.

Perform 1-2x per day for maximum benefit.

