

Personal Training by Robert J. Bovee

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LYING TRICEP EXTENSION

A. Emphasis. The primary muscles stressed in this movement are the muscles in the back of your upper arm (tricep – long and medial head). The secondary muscles stressed are the muscles in your forearms and bicep.

B. Starting Position. Lay on your back on a bench keeping your back flat against the bench. Grip a straight bar with your hands approximately **6"** apart. Place the bar just above your forehead with your elbow in line with your hand positioned on the bar or slightly wider.

C. Movement. Raise the bar up until the bar is directly over your forehead (your arms are slightly angled back). Your wrists should be straight through out the movement. Contract your triceps hard. Take **2 to 3** seconds to lower the bar down to your forehead before repeating the movement.

D. Training Tips.

- 1) Keep your elbows in at your sides during the entire movement. As your elbows move away from your body your lats and shoulders will come into play, you will no longer be isolating your triceps.

E. Options.

- 1) This movement can be performed with and EZ Curl Bar to relieve some stress in your elbows.
- 2) This movement can also be performed individually with a dumbbell in each hand.

F. Warning Tips.

- 1) **Do not** lock out your elbows in the extended position. Failure to do so can result in injury to your elbows.
- 2) **Do not** lower the bar any faster than **2 to 3** seconds. You must stay in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.