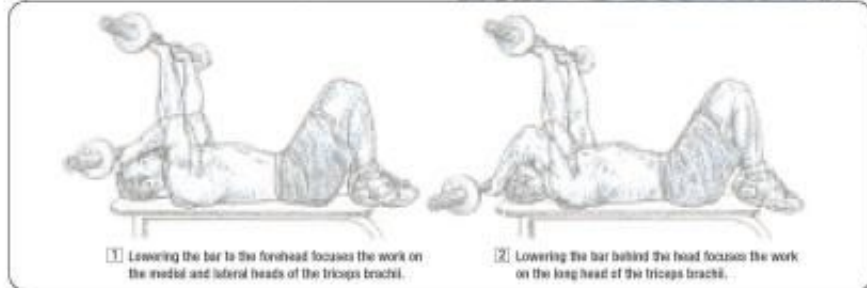
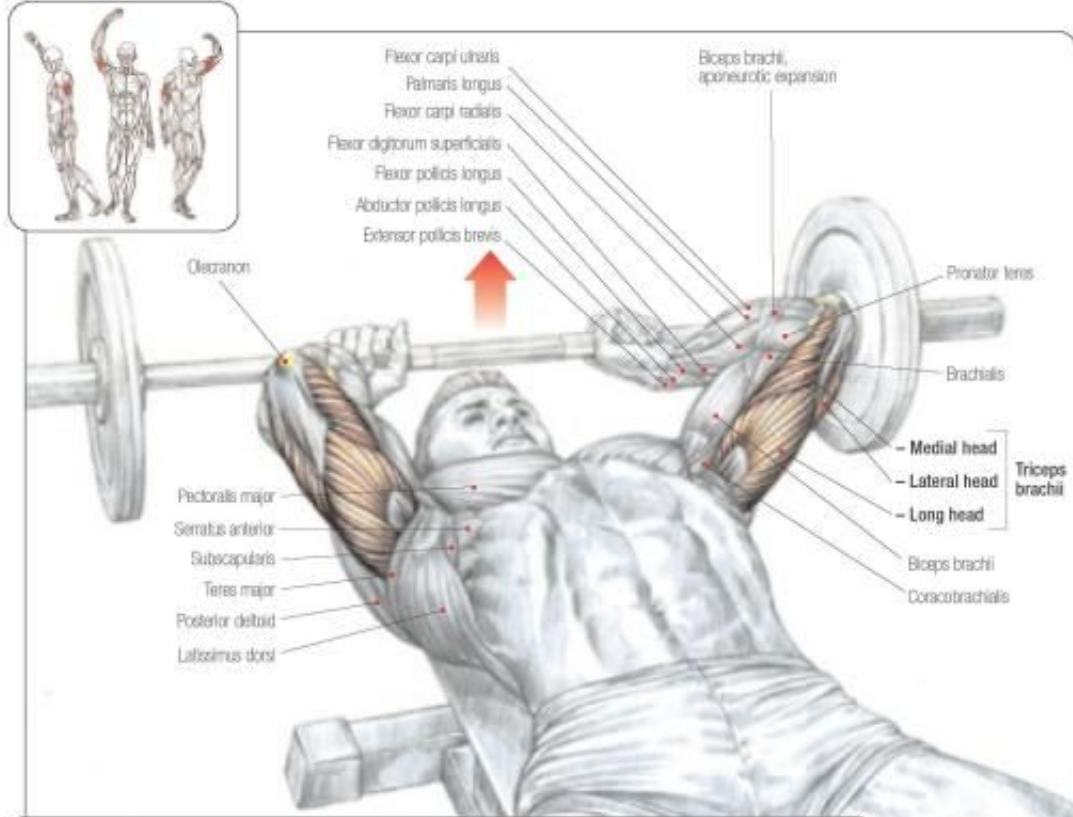



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17 LYING TRICEPS EXTENSIONS



- Lie on a horizontal bench and grasp the barbell with an overhand grip and the arms vertical:
- Inhale and lower the barbell to the forehead or behind the head by bending the elbows.
 - Return to the initial position.
 - Exhale at the end of the effort.

Comments: Because of individual variations in shoulder width, valgus angle at the elbows, and wrist flexibility, the hands can be closer or farther apart on the bar and the elbow angle more or less open during the exercise. Using an E-Z bar helps prevent excessive strain at the wrists.



VARIATION ON A MACHINE
Performing this exercise at an Atlas triceps pulley simulates the movement with a barbell and enables you to isolate the long head of the triceps brachii.



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