

Upper Body - Arms - Triceps

Lying Triceps Extension with Dumbbells

Focus of exercise: Triceps

Sets _____ x Reps _____



- Supine Base Position
- Feet flat (on floor or bench)
- Grasp a dumbbell with each hand
- Arms extended, elbows slightly bent
- Dumbbells positioned above shoulders



- Bending at elbows lower dumbbells through full range of motion
- Upper arm remains stable; shoulder and elbow maintain alignment
- At low position hold dumbbells one count



- Return to start position
- Maintain muscle tension
- Hold one count

Work through full range of motion.
Never compromise form.
Steady controlled movement.
Repeat to muscular fatigue.

Variations:

- *Hold one dumbbell with both hands; E-Z bar; Barbell*