

## Exercise The Right Way - The Lying Triceps Extension

Other articles in this series looked at a number of exercises, mainly from the perspective of developing a comprehensive muscle building program. Sometimes we take things for granted, especially when it comes to performing the basic exercises that constitute the core of most bodybuilders' training regimes. It is useful, therefore, to describe in detail the processes involved in actually doing these exercises. This will help beginners to start out using the correct techniques before moving on to potentially more dangerous heavy weights. If it also helps more experienced lifters to redress some of the little faults that have almost imperceptibly crept in over the years, all the better. In this article we'll take a close look at the lying triceps extension. **MUSCLES TARGETED:** triceps brachii **STARTING POSITION** Assume a supine position on a bench.

Grasp the bar with a closed, pronated grip.

Position the bar over the chest with the elbows fully extended and the arms parallel.

Point the elbows away from the face.

This is the starting point for all repetitions. **DOWNWARD MOVEMENT** Allow the elbows to slowly flex to lower the bar toward the face.

Make sure the wrists remain rigid and elbows point away from face.

Keep the upper arms parallel with each other.

Lower the bar until it touches the head. **UPWARD MOVEMENT** Push the bar upward until the elbows are fully extended.

Make sure the wrists remain rigid and elbows point away from face.

Keep the upper arms parallel with each other.

Repeat or finish set.

## About the Author

Here are free muscle building and fat loss articles from trainer and bodybuilder Shawn Lebrun you can use to build muscle.

Source: <http://www.productsherbal.com>