Title: Barbell Pullovers / Lying Chest Overhead Extensions

Primary Muscle Groups: Chest, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Shoulders, Triceps

Summary: <ol>

<li>Lie on a flat bench, holding a barbell on your chest with an overhand grip. (Your hands should be shoulder width apart)</li>

<li>Get into starting position, raising the bar above your chest by extending your arms, but do NOT lock your elbows.</li>

<li>Keeping your arms slightly bent, slower lower the weight in a smooth arc to a position behind your head by rotating your shoulders. (as if putting your hands in the air)</li>

<li>Keep moving the barbell behind your head until you feel a slight stretch in your chest. Hold for a count of one.</li>

<li>Return to the start position in a smooth revers arc.</li>

<li>Continue holding the weight above your chest, then repeat.</li>

</ol>