Title: Flat Bench Barbell Skull Crushers

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding a preacher curl barbell with an overhand grip, carefully sit on a bench. Slowly lie back and bring the barbell above your head. Make sure that your feet are flat on the floor and your core is braced.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keep the upper arms in place as you bend at the elbow and allow the forearms to slowly dip back towards your head.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once the barbell reaches the bottom, pause and slowly push the barbell back to the starting position.</span></li>

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