Title: Reverse Triceps Bench Press

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Chest, Shoulders

Summary: <ol>

<li class="p1">Lying on a flat bench, grab the barbell with an underhand grip. Hands will be shoulder-width apart. With a tight core and flat back, lift the barbell above, bringing it to chest level.</li>

<li class="p1">Slowly lower the bar until your upper arms are parallel with the floor. Pause, contract, and return to the starting position.</li>

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