Title: Standing Overhead Barbell Triceps Extensions

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li>Stand with feet shoulder-width apart. Core is tight and back is flat. Hold a barbell with an overhand grip. Hands should be closer than shoulder-width.</li>

<li>Bring the barbell above your head with arms fully extended. Keep the elbows up and the upper arm in place. Lower the barbell behind your head until your forearms touch your biceps. Return to the top of the movement.</li>

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