Title: Decline Lying Triceps Extension / Decline Skull Crushers

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li>Set up a decline bench to between 15 and 30 degrees. (The angle is not important, your comfort and form is.)</li>

<li>Place the EZ bar on the rack at the foot of the bench.</li>

<li>Sit on the bench and position your feet under the foot pads.</li>

<li>Lean forward and grip the EZ bar with an overhand grip, shoulder width apart.</li>

<li>Lift the bar from the rack. (Because of your position when doing this, I recommend getting a spotter to assist you)</li>

<li>Lat flat on the bench holding the bar above your chest with your arms extended and elbows locked.</li>

<li>Lower the EZ bar towards you by bending your arms toward you in a smooth arc. Your upper arms should not move.</li>

<li>Continue lowering the bar until it is just above or gently touching your forehead. You should feel a stretch in your triceps.</li>

<li>Hold and squeeze you triceps for a count of one.</li>

<li>Return to the staring position by extending your arms in a smooth arc. (Again, your upper arms should not move)</li>

<li>Repeat.</li>

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