Title: Lying Dumbbell Tricep Extensions

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs, Shoulders

Summary: <ol>

<li>Lie flat on your back on a bench and position your feet flat on the floor on either side of the bench.</li>

<li>With a dumbbell in each hand, extend your arms over head until fully extended. Your palms should face one another and your hands should be close together.</li>

<li>Bend the elbows and lower the weights to either side of your head.</li>

<li>Extend your arms to return to the starting position.</li>

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