Title: Seated Tricep Press / Overhead Extensions

Primary Muscle Groups: Triceps

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Sit on a bench with back support.</li>

<li>Grip a dumbbell at one end using both hands. Your palms should be facing inward.</li>

<li>Hold the dumbbell overhead with your arms fully extended.  This is the the start position.</li>

<li>Keep your upper arms close to your head (biceps roughly level with your temples) and near to 90degrees to the floor.</li>

<li>Moving only your forearms, lower the dumbbell in a smooth arc behind your head until your forearms and biceps touch. Hold for a count of one.</li>

<li>Return to the start position by using the triceps to extend your arm and raise the dumbbell. Exhale as you do this.</li>

<li>Repeat.</li>

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