

45 Degree Lying Tricep Extension Video Exercise Guide

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EXERCISE PROFILE

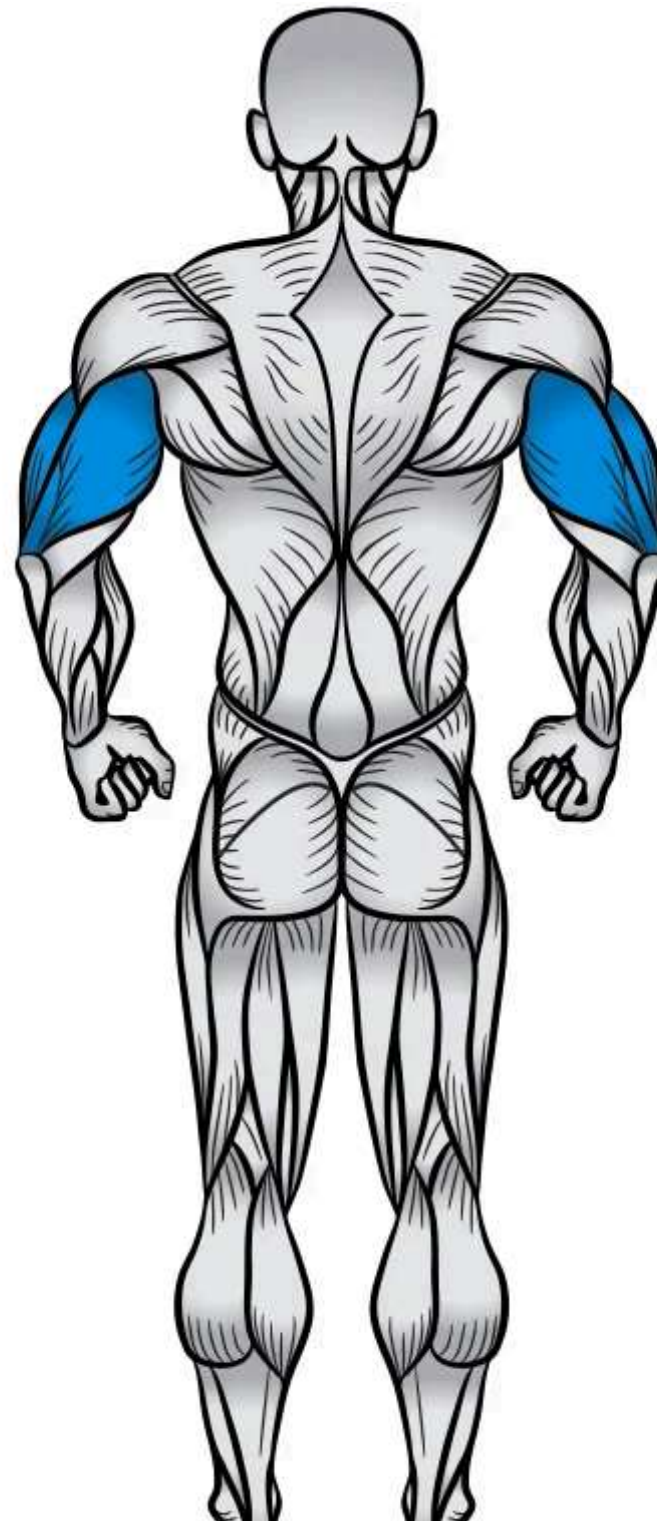
Target Muscle Group

Triceps

Exercise Type	Strength
Equipment Required	Barbell
Mechanics	Isolation
Force Type	Push
Experience Level	Beginner
Secondary Muscles	None

TARGET MUSCLE GROUP

Triceps





45 Degree Lying Tricep Extension

Instructions

This exercise is a variation of the lying tricep extension (or skull crusher).

1. Sit on the end of a flat bench with a barbell on your thighs.
2. Grip the barbell with an overhand (palms facing down) with your hands about shoulder width apart.
3. Bring the bar up to your chest and lay down on your back.
4. Extend your arms straight up above your chest.
5. Keeping your arms straight, move the bar back to the position shown in the video above.
6. Keeping your elbows fixed in place and not pointing out, slowly lower the bar until it is almost touching the top of your head or bench behind your head.
7. Pause, and then slowly extend your arms back to the starting position.
8. Do not lock your elbows out, and then repeat for desired reps.

45 Degree Lying Tricep Extension Tips

- Some lifters prefer this to the regular skull crusher because the triceps must work harder and tension is maintained.
- You must keep your elbows in at your sides throughout the set and don't let them move forward or back.
- Do not lock your elbows out at the top of the movement as this takes tension off the triceps.

