1)standing triceps barbell extension

 Grab a barbell and stand with it held over your head in both hands, hands almost touching and palms facing forwards. \n

 Bend your elbows to slowly lower the bar behind your head, keeping your upper arms stationary. \n

 One your elbows hit 90 degrees, pause, then return to the starting position by flexing your triceps.

2) Skull Crusher

1. Holding a preacher curl barbell with an overhand grip, carefully sit on a bench. Slowly lie back and bring the barbell above your head. \n\n
2. Keep the upper arms in place as you bend at the elbow and allow the forearms to slowly dip back towards your head. \n\n
3. Once the barbell reaches the bottom, pause and slowly push the barbell back to the starting position. \n\n

3) Bench Dips  
1)Sit on the edge of the bench and grip the edge next to your hips. Your fingers should be pointed at your feet. \n\n

2)Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair. \n\n

3)Lower yourself until your elbows are bent between 45 and 90 degrees. \n\n

4)Slowly push yourself back up to the start position and repeat. \n\n