

LYING DUMBBELL EXTENSIONS



1. Lie back on a flat bench while firmly holding a **Dumbbell** in each hand with your arms fully extended with the weights right above your shoulders, with your elbows locked and your arms perpendicular to your torso. Place your feet firm on the ground at about shoulder width apart. This will be your starting position.
2. Slowly start bringing down the weights by moving your forearms all the way down until your forearms touches your biceps. Remember to keep your upper arms stationary (not moving) throughout the entire movement.
3. Now use your triceps muscles to extend your arms with the weights all the way back up to their starting position while keeping your triceps muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

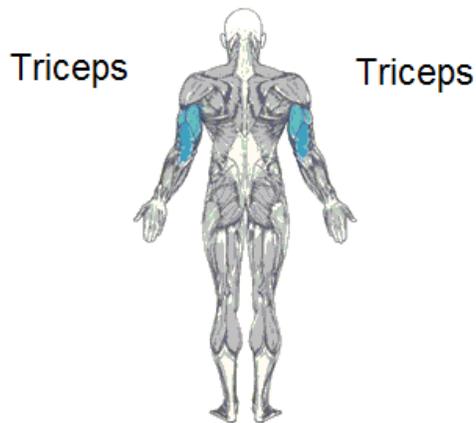
CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your triceps muscles -as it should- without putting you at risk for injury. Pick a lighter set of dumbbells if you ever felt that you're over straining your triceps, elbows and/or shoulders, or if you can't properly execute a full range of motion with full extension & full contraction.

ALTERNATIVE EXERCISES:

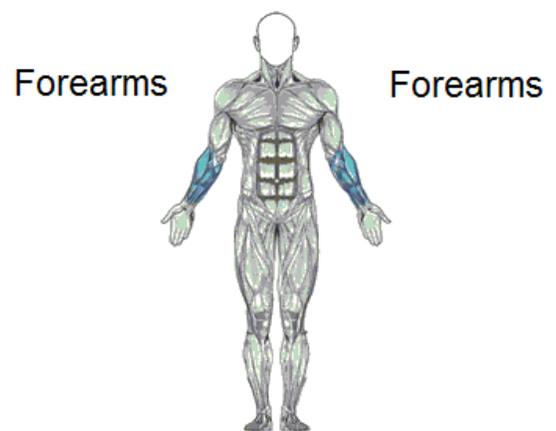
[Rope Cable Extensions](#) / [Seated Overhead Dumbbell Extensions](#) / [Seated Overhead EZ Bar Extensions](#) / [Bent Knees Assisted Dips](#)

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PRIMARY MUSCLE



SECONDARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.



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