SKULL CRUSHERS

1. Lie back on a flat bench while firmly holding the middle/narrow part of an **EZ Barbell** with your arms fully extended right above your chest, 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 bar by moving your forearms all the way down towards your face until the bar almost touches your forehead. 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 bar all the way back up to it's 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 set heavy set EZ barbell when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A proper weighted EZ barbell that is not too heavy should have you mostly engage your triceps muscles -as it should- without putting you at risk for injury. Pick a lighter EZ barbell 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.
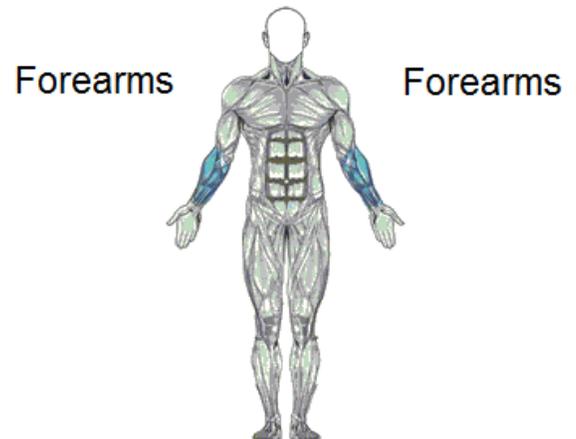
ALTERNATIVE EXERCISES:
Seated Overhead EZ Extensions / EZ Cable PushDowns (Close Grip) / Lying Dumbbell Extensions

PRIMARY MUSCLE

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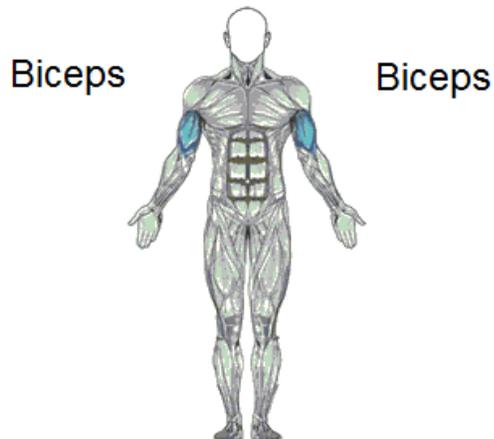
A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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

SECONDARY MUSCLE

Forearms   Forearms

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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YOUR_BEST_STARTS_HERE

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