

LYING PLATE EXTENSIONS



1. Lie back on a flat bench while firmly holding a **Weight Plate** from both sides with your arms fully extended with the weight 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 weight by moving your forearms all the way down until the plate almost touches the top of your head. 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 weight all the way back up to its starting position while keeping your triceps muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

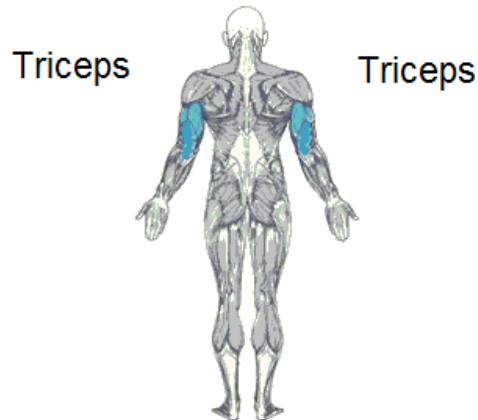
CAUTION: NEVER use a heavy weight plate when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A weight plate that is not too heavy should have you mostly engage your triceps muscles -as it should- without putting you at risk for injury. Pick a lighter weight plate 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:

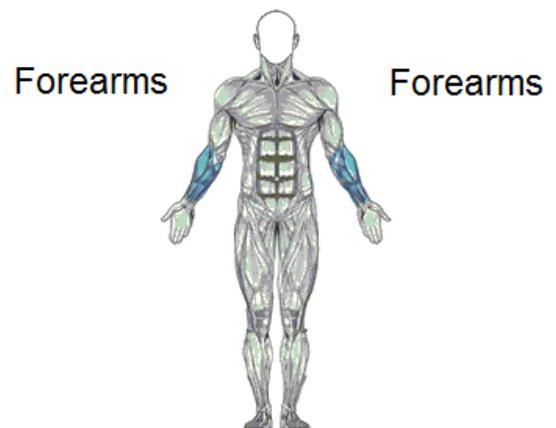
[Seated Overhead Plate Extensions](#) / [Rope Cable Extensions](#) / [Lying Dumbbell Extensions](#) / [Bent Knees Assisted Dips](#)

LYING PLATE EXTENSIONS

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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