

SEATED OVERHEAD SINGLE ARM DUMBBELL EXTENSIONS



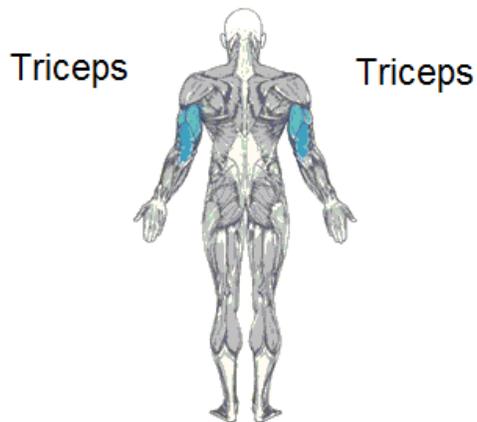
1. Sit comfortably on a military bench or a utility gym chair, while holding a single **Dumbbell** in your right hand and raising it up and over your head at arm's length. Keep your upper arm close to your head and perpendicular to the floor, with your elbow locked and your arm fully extended with the weight. Your other non-lifting hand should be at your side grabbing your waist, with your feet firm on the ground at about shoulder width apart. This will be your starting position.
2. Slowly bring down the dumbbell behind your head by unlocking your elbow and letting the weight come down until your forearm touches your biceps while keeping your triceps muscle under constant tension. Only your forearm should be moving up & down with the weight, while keeping your torso and your upper arm stationary throughout the entire movement.
3. Now use your triceps muscle to extend your arm with the weight all the way back up to its starting position while keeping your triceps muscle fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms then perform the same exact motion for the same amount of repetitions with your other arm.

CAUTION: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any triceps, elbows, shoulders, neck, back and/or wrists injury. A proper weighted dumbbell 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 dumbbell 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. It is normal for you to also feel your rear shoulders muscles getting slightly engaged while performing this exercise.

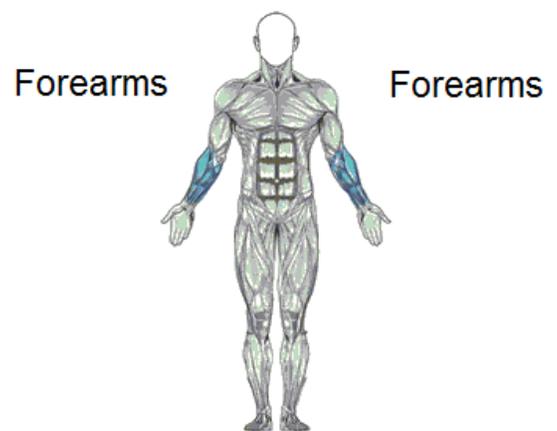
ALTERNATIVE EXERCISES: [Single Arm Rope Extensions](#) / [Single Arm Cable PushDowns](#) / [Lying Single Arm Dumbbell Extensions](#)

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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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