

LYING SINGLE ARM DUMBBELL EXTENSIONS



1. Lie back on a flat bench while firmly holding a **Dumbbell** in your right hand with your arm fully extended right above your right shoulder, with your elbow locked and your arm perpendicular to your torso. Your other non-lifting hand should be supporting your arm carrying the weight by holding it just below the elbow. 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 in your right hand by moving your forearm all the way down until your forearm touches your biceps. Remember to keep your upper arm stationary (not moving) throughout the entire movement.
3. Now use your triceps muscle to extend your arm with the weight all the way back up to it's 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 and perform the same exact motion for the same amount of repetitions with your other arm.

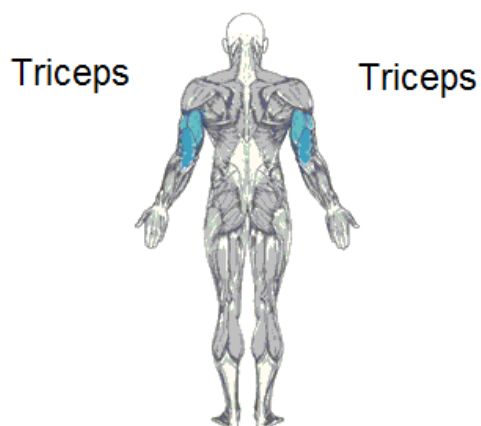
CAUTION: NEVER use a heavy set dumbbell when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A proper weighted dumbbell that is not too heavy should have you mostly engage your triceps muscles -as it should- without putting you at risk for injury. Pick a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

ALTERNATIVE EXERCISES:

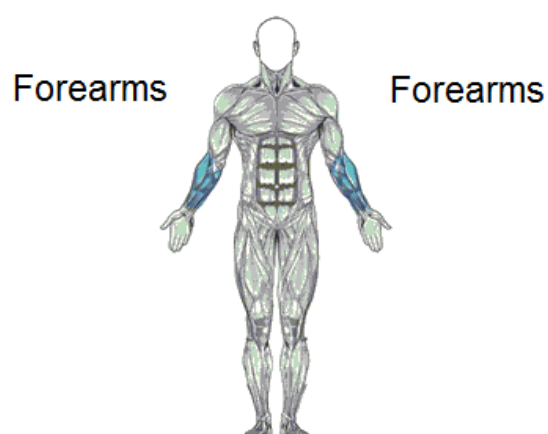
[Seated Single Arm Dumbbell Extensions](#) / [Single Arm Rope Extensions](#) / [Single Arm Cable PushDowns](#)

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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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