

LYING EZ BARBELL PRESS (CLOSE GRIP)



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 bring down the bar by unlocking your elbows until the bar is right above your chest, while keeping your triceps muscles fully engaged and under constant tension. Remember to keep your elbows pinned in throughout the entire movement.
3. Now use your triceps muscles to push 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.

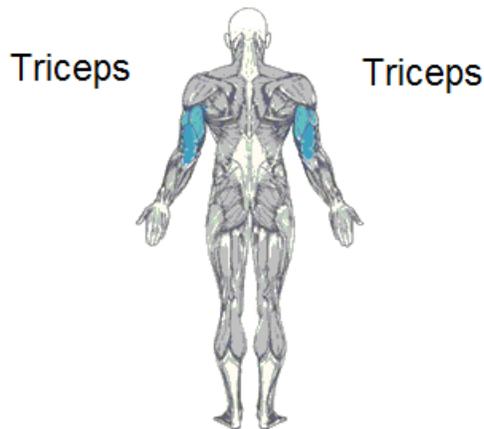
CAUTION: NEVER use set heavy set EZ barbell when performing this exercise to avoid getting any triceps, elbows, shoulders and/or wrists injury. A proper weighted EZ barbell that is not too heavy should have you mostly engage your triceps muscles -as it should- without putting you at risk for injury. 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. It is normal for you to feel your chest muscles also getting engaged while performing this exercise, but it should not be the main muscle group you're targeting.

ALTERNATIVE EXERCISES:

[Skull Crushers](#) / [Seated Overhead EZ Extensions](#) / [EZ Cable PushDowns \(Close Grip\)](#)

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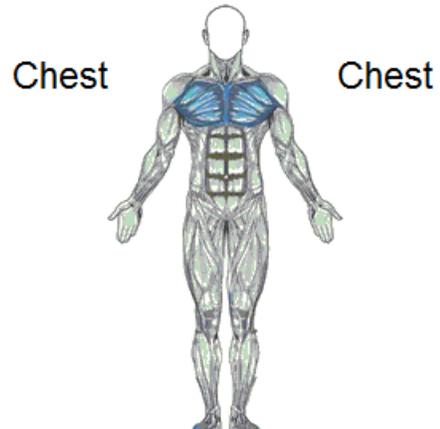
PRIMARY MUSCLE



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 **%60 - %70** when performing this exercise.

SECONDARY MUSCLE



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 **%30 - %40** when performing this exercise.



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