

# SEATED OVERHEAD PLATE EXTENSIONS



1. Sit comfortably on a military bench or a utility gym chair, while holding a **Weight Plate** from both sides and raising it up and over your head at arm's length. Keep your upper arms close to your head (elbows in) and perpendicular to the floor with your palms facing each other. Place your feet firm on the ground at about shoulder width apart. This will be your starting position.
2. Slowly bring down the **Weight Plate** behind your head by unlocking your elbows and letting the weight come down until your forearms touches your biceps while keeping your triceps muscles under constant tension. Only your forearms should be moving up & down with the weight plate, while keeping your torso and your upper arms stationary throughout the entire movement.
3. Now use your triceps muscles to extend your arms with the weight 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 a heavy weight plate when performing this exercise to avoid getting any triceps, elbows, shoulders, neck, back 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. It is normal for you to also feel your rear shoulders muscles getting slightly engaged while performing this exercise.

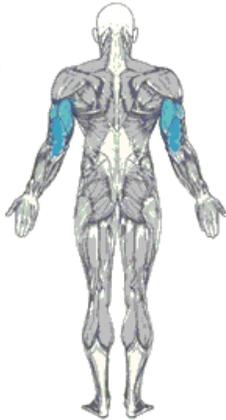
## ALTERNATIVE EXERCISES:

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

# SEATED OVERHEAD PLATE EXTENSIONS

## PRIMARY MUSCLE

Triceps



Triceps

## SECONDARY MUSCLE

Forearms



Forearms

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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