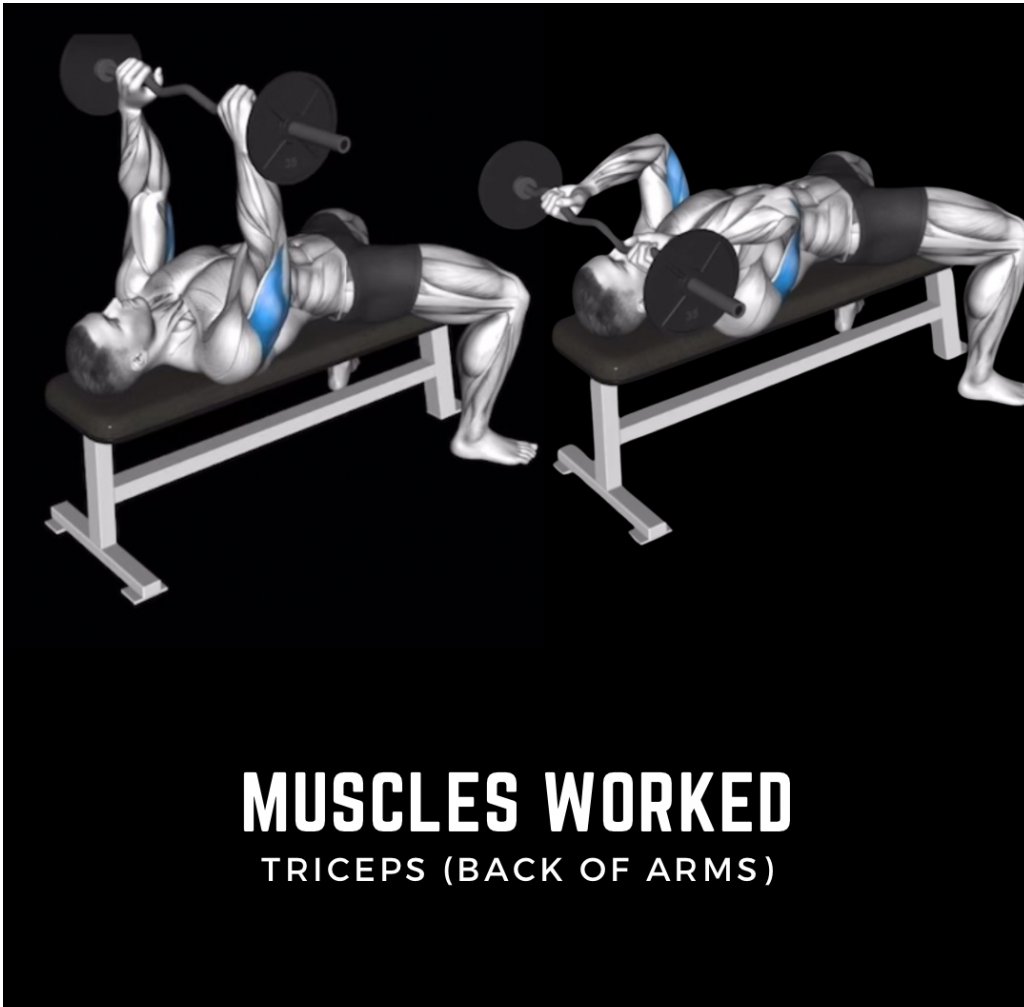


HOW TO PERFORM A LYING TRICEP EXTENSION



HOW TO DO:

1. Lie flat on the bench so that your head, upper back, lower back, and both feet are firmly pressed against the bench and ground at all points while holding an EZ bar above your head with an overhand grip.
2. With elbows tucked in and bent, exhale and extend your arms so that you raise the EZ bar overhead
3. Continue until your arms are fully extended.
4. Inhale and lower the EZ bar down without allowing your upper arm to move, returning to the starting position

Tip: If you don't not have access to an EZ bar, you can substitute it for a barbell.