

## Lying Tricep Extensions

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- Lie on your back with your knees bent, holding a dumbbell in each hand
- Hold the weights directly over your shoulders, pointing your elbows toward your feet
- Keeping your upper arm vertical, bend your arms at the elbow, allowing the weight to go past each side of your head
- Still keeping your upper arms vertical, extend your elbow, returning to the start position
- Protect your lower back by keeping your knees bent and your abdominal muscles tight
- For best results, try to complete 3 sets of 8-12 repetitions, finding a weight that will fatigue your muscles by at least the last set

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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