

BB SKULL CRUSHERS

START



- Lie on a flat bench while holding a Barbell
- Your arms should be fully extended at a 90° angle from your torso and the floor
- The palms should be facing in and elbows tucked in

MIDDLE



- Inhale and you keep the upper arms stationary with the elbows in
- Slowly lower the weight until the BB is near your ears

END



- Exhale and use the triceps to bring the BB back up to the starting position
- Remember to keep the elbows in and the upper arms stationary
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

TRICEPS

- Skull Crushers emphasize the long head of your triceps
- Skull Crushers performed on a flat bench with your arms at right angles to your body place equal focus on the triceps' long and lateral heads

NOTE

Be very careful when selecting the weight as too much weight with sloppy form could lead to injured elbows.