

## Skill

### **The Lying Triceps Extension (Skull Crusher)**

**Visual Description:** Student will have a narrow grip on a barbell and lie down on a flat bench. Keeping elbows close together and pointed up, student will push the bar from upper forehead until arms are fully extended toward the ceiling.

#### **Movement Sequence:**

1. Lie down on flat bench with feet planted on floor
2. Keep back flat on bench
3. Hold barbell with narrow grip and arms fully extended
4. Keep upper arms stationary, elbow bends like a hinge
5. Control bar down to an inch or two above upper forehead
6. Keep elbows pointed up toward ceiling
7. Push bar up in vertical plane until arms are fully extended
8. Squeeze and contract triceps at the top for peak contraction

#### **Verbal Cues:**

Feet Flat  
Back Flat  
Narrow Grip\*  
Hinge  
Control Down\*  
Elbows Up\*  
Extend\*  
Squeeze

#### **Task Complexity Variables:**

**Skill:** Discrete - Serial

**Learner:** Beginner - Intermediate

**Environment:** Weight Room

Student	Narrow Grip	Control Down	Elbows Up	Extend