

# Expand Your Options

## SMALL CHANGE FOR BIG ARMS

One way to get more out of your current workout routine is to make small variations on the exercises you already do. For instance, the lying triceps extension—also known as the French press or skull crusher—can stay challenging and interesting with a few simple tweaks. Try these suggestions from [Michael Ormsbee](#), C.S.C.S., a nutrition and metabolic researcher at South Dakota State University.

**1 FOCUS ON FORM** Lie on a bench, holding an EZ-curl bar with arms extended over your forehead. Bend at the elbows to lower the bar to your forehead, pause, then press it back up. To perform the move properly, keep your elbows locked in place throughout, as shown below.

**2 ADD A PRESS** After a set of extensions as described, immediately move the bar over your chest, and with your hands spaced closer than shoulder-width apart, perform a set of eight to 10 close-grip chest presses.

**3 CHANGE YOUR GRIP** For your next workout, instead of an EZ-curl bar, switch to a triceps bar that allows your palms to face each other. (Or you can use dumbbells.) Placing your hands in this position emphasizes the long head of the triceps.

**4 SWITCH SEATS** Change the angle of the movement to alter the stress on your muscles. Try setting the bench at a 45-degree angle. You may find it easier on your shoulders and harder to cheat.

### *Lying Triceps Extension*

