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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Lying Triceps Extension

By Rick Mitchell

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In this article we'll take a close look at the lying triceps extension.

MUSCLES TARGETED: triceps brachii

STARTING POSITION

DOWNWARD MOVEMENT

UPWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Barbell Exercises That Suit Beginners

By Rick Mitchell

Barbell Exercises That Suit Beginners by Rick Mitchell

Day 1 – Biceps, Back, Abs

Day 2– Hamstrings, Shoulders, Abs

Day 3 – Quads, Forearms, Calves

Exercise The Right Way – The Lying Triceps Extension

Day 4 – Triceps, Chest, Abs

The exercises recommended for beginners are as follows:

CHEST: Bench press

SHOULDERS: Upright row, military press, front shrug

TRICEPS: Lying triceps extension, lying triceps extension with EZ curl bar

BICEPS: Standing curl, EZ standing curl

LOWER BODY: Squat, reverse lunge, calf raise

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