Standing barbell triceps extension (French press)

Muscles strengthened:
Triceps. The chest and back muscles act as stabilizing muscles.

Activities muscles are utilized for:
These muscles are used as prime movers in most pushing and extending movements. Examples are breast stroke, shot put, bar work in gymnastics, pole vault, hand shivers in football, batting, fencing thrust, passing in football and basketball, and boxing.

Starting position:
Stand erect with the feet shoulder-width apart. Grasp the bar with a narrow overhand grip so that the hands are about six inches or less apart. The arms are fully extended above the head.

Action:
Keep the upper arms stationary and lower the bar until it touches the back of the neck. Return to the starting position.

Precautions:
Do not jerk the weight or bend the knees to assist in the lift. Do not allow the elbows to flare out to the sides during the movement.

Figure 1. Grasp bar overhead, hands six inches apart and arms fully extended.

Figure 2. Keeping upper arms stationary, lower bar until it touches the back of the neck.

Chuck Stiggins
Head Strength Coach
Brigham Young University
and
Dr. Phil Allsen
Brigham Young University