

Dumbbell Skullcrushers Exercise

1. Lie on a bench on your back with your feet flat on the floor. Grasp a single dumbbell above your forehead with both palms facing upward, gripping lightly around the shaft of the dumbbell and pressing slightly beneath the plate on either side of the shaft for support. Hold your arms straight up without locking out your elbows.
2. Lower the dumbbell towards your forehead without touching it by bending your elbows, and then return to your starting position. Repeat.

