This exercise mainly works the Triceps.

Place your hands on the side of a bench so that your body is perpendicular to the bench when you place your feet out in front of you. Only your heels should be on the floor and you should have a slight bend in your knees.

With your palms touching the bench, your arms should be fully extended. Bend your elbows to lower your body down until your elbows reach a 90 degree bend. Extend your arms to lift your body back to the starting position, flexing your triceps hard at the top.