

HAPPY 2010!

MAY IT BE YOUR
FITTEST YEAR!

HAPPINESS is a Fit Body
Are you ready to get in shape?

Do it for Health

Steve



January, 2010

Steve's Cell: 727-743-1515

VITAMINS & MINERALS are essential to maintaining the body's overall function and maximum efficiency every time you train. Without vitamins and minerals, it's impossible to convert the food we eat into important growth factors or even energy to fuel our metabolism. Vitamins help enhance the action of protein, causing muscle building and energy production, while minerals maintain the balance of fluids in our cells and enhance muscle contractions. Nutrient deficiency, which can occur during intense training, can sabotage muscle growth.

NITRIC OXIDE (NO) stimulators help maximize vascularity through the production of the gas nitric oxide or NO. The most well-know ingredient to cause this effect is arginine, an amino acid that the body cannot produce. Arginine helps increase the production of NO in the body by the enzyme nitric oxide synthesis (NOS). No helps to increase blood flow and vascularity, which in turn helps deliver more nutrients to muscles, causing a "pump" during training. There is no doubt that NO stimulators can increase vascularity and nutrient delivery.

GLUTAMINE is considered a conditionally essential amino acid, since it can be depleted after intense workouts in the body. It has been shown to aid in recovery and increase protein metabolism. Although glutamine has many great benefits.

CREATINE is the staple of most muscle-building supplement stacks. In fact, it's **by far the most researched and effective muscle builder on the market today**. Creatine works by providing muscle cells with the energy they need to perform more work. The result of supplementing with creatine is **gains in muscle size and strength**.

PROTEIN: When it comes to getting big, you can train in your basement by yourself and make reasonable gains, or you can hire a champ as your personal trainer and make the best gains of your life! Of course, one costs more than the other, but when it comes to building muscle, the more you put in, the more you get back. When it comes to protein, you can buy cheaper concentrates or you can opt for the better proteins.

PROTEIN SOURCES: As for protein sources, whey protein has the highest proportion of branched chain amino acids (BCAA's), which are critical for driving muscle protein synthesis up. However, other sources such as egg protein and milk protein release over time in the body. If your goal is to be anabolic all day long, many researchers suggest taking in a blend of different protein sources rather than just whey protein by itself. In fact, research conducted on casein (a milk protein) showed that it sustained steady amino acid levels for up to seven hours after ingestion, making this protein an excellent choice for preventing muscle breakdown.

BCAA's: The three BCAAs are leucine, isoleucine, and valine. These all function as anabolic agents and reduce muscle catabolism, particularly during intense exercise. BCAAs can have a positive effect on delaying fatigue, increasing strength, and aiding in muscle recovery by maintaining a steady level of amino acids in the body. Most muscle builders contain a mix of different BCAAs. Make sure your muscle building supplements have both BCAAs and the esterified versions. (These special aminos are labeled as "leucine ethyl ester" "isoleucine ethyl ester" and "valine ethyl ester").

Janurary SALE!

PURE CREATINE

300 gram

\$10.95

BUILD MUSCLE!

Regular \$18.95

Janurary SALE!

MUSCLE MILK

2.5 lb

\$22.95

Retail \$44.95

32g Protein • Vitamins • Creatine • Fat Burners
amino acids • Stimulate muscle synthesis
Increase Oxygen Delivery

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February, 2010

HAPPINESS is a Fit Body

Are you in shape?

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Steve



Steve's Cell: 727-743-1515



Joe Zmyewsk

WE ARE SO PROUD OF JOE!

Congratulations to Joe Zmyewsk. The Raw Unity Powerlifting Championships is by invitation only (only top competitors). Joe was invited and made a GREAT showing. He competed at Drug Free and raw (no special gear). What a great meet it was. Way to go Joe!

“The 2nd Annual Lion Heart Raw Bench Press Meet”

Saturday, May 10, 11:00 am at LION HEART GYM

Raw (no special gear). This is going to be a great meet. It will be APA & WPA meet.

Have you ever thought about competing? What a GREAT sport & good luck!

If you are a novice this would be a very good meet to start. Talk to me or any of the Power team. We can give you information on what it takes.

I want to thank you for making
LION HEART GYM a success!

I have worked very hard for Lion Heart Gym. It is my passion to own a old school gym that does not take advantage of its members and does not play the bait and switch game with people. The gym is about its members, providing a safe workout place 24/7. With out the members and their referrals I could not have made it this far. Soooooo THANK YOU.

If you know of anyone looking for a good gym, please send them to Lion Heart.

Training comes from within!!!

1. You must first set your goals.
2. Set short-term goals & long term.
3. Set difficult, but realistic goals.
4. Make a plan on how to get there.
5. **Write them down.**
6. Keep your work outs high on your priority list.
7. Think positive.
8. During the day think about your work out.

11203 49th Street North • www.lionheartgym.com

March, 2010

Steve's Cell: 727-743-1515



“The 2nd Annual Lion Heart Sunshine State Raw Bench Press Meet”

Saturday, May 8, 11:00 am
at LION HEART GYM
11203 49th Street North
Clearwater, FL 33782

Raw (no special gear). This is going to be a great meet.
This will be a American Power Lifting Association meet.

Have you ever thought about competing?
There will be a teenager division!

If you are a teen this would be a great meet for you.
Bring friends and family. • Our new shirts will be here!

Now for Faster Muscle Growth:

For faster muscle growth, the experts recommend the following:

1. Progressive Overload: this means that with every workout, you increase the size of the weights that you lift.
2. Lift Maximum: if you want to see fast muscle growth, lift to your maximum potential. Maximum potential means the greatest that you can lift without causing unusual or un-natural pain in your body. Be sure to have a trainer supervise you.
3. Exercise should be Short but Intense: keep your exercise routine short but intense. It should exhaust your full potential. For instance you should lift heavier weights, but reduce the number of reps.
4. Watch your Diet: diet is essential for healthy muscle growth. What you eat does indeed become a part of you. When going for fast muscle growth, ensure you take plenty of proteins. Taking a meal high in protein half an hour before the workout ensures that your body has a healthy supply of amino acids it can use to heal and build muscle from immediately once your work out is over.
5. Rest and Sleep: the breaks that you give between work-outs should increase as you increase the intensity of the work-outs. Similarly, you should increase your sleeping hours to maintain at least 8-10 a day. Otherwise your muscles won't have ample time to heal or grow, resulting in muscle damage.

The routine that you make for achieving faster muscle should overhaul your entire work-out regime. From what you eat to how much you sleep. It's not just about what happens in the gym, it's also equally about what happens before and after the gym.

HOW TO IMPRESS A WOMAN:

STROKE HER	COMPLIMENT HER	COMFORT HER	LISTEN TO HER
WINE HER DINE HER	CUDDLE HER	PROTECT HER	TEASE HER
GO TO THE END OF THE	KISS HER	HUG HER	CARE FOR HER
EARTH FOR HER. . .	LOVE HER	HOLD HER	STAND BY HER
	CARESS HER	SPEND MONEY ON HER	SUPPORT HER

HOW TO IMPRESS A MAN

SHOW UP NAKED . . . WITH BEER!

11203 49th Street North • www.lionheartgym.com

April, 2010

HELP YOUR GYM!
*We need more good members.
Help make your gym succeed.*



Steve: 727-743-1515

*Did you know:
92% of people joining gyms
quit by 90 days.*

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Clearwater, FL 33782

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There will be a teenager division!
If you are a teen this would be a great meet for you.

Bring friends and family.

There is NO REPLACEMENT for hard work.

Supplements will only work if you are training hard. Hard work in the gym is what builds your body. Supplements can help if you are training, eating and sleeping right. So, don't count on a pill, count on you.

- 1) Work out at least 3 times a week.
- 2) Quality time in the gym, Make it count.
- 3) Eat 5 to 6 times a day - smaller meals.
- 4) Sleep - you need a full 8 hours sleep each night.
- 5) Tired before going to the gym? Try an energy drink.

Remember heavy weights 3 to 8 reps builds the size of your muscles • Lighter weights 8 - 15 reps shape

HOW DOES CREATINE STIMULATE MUSCLE GROWTH?

Although creatine's role in the energy production process is its most notable trait, there is evidence that creatine can stimulate muscle growth. It does this in a couple of different ways. By allowing you to perform more work as a result of additional energy, increased protein synthesis is stimulated. Secondly, when an abundance of creatine phosphate is stored in the muscle, the muscle will hold more water in its cells and become what is known as “volumized” or “super-hydrated.” The more volumized a muscle is, it will promote the synthesis of protein as well as deter the breakdown of protein. Volumizing the muscle will also create an environment where an increased level of Glycogen synthesis will take place. Increased protein synthesis along with training will lead to muscle growth. There is also scientific evidence that shows supplementation with creatine causes muscle tears to repair themselves quicker.

HOW DOES CREATINE AFFECT GROWTH HORMONE AND AGING?

Creatine does more than provide your cells with ample amounts of creatine phosphate. There have been studies performed that suggest creatine has the ability to raise Growth Hormone levels in your system. In these studies, subjects would consume 20 grams per day of creatine and their blood GH levels showed a statistically significant increase of GH for two to six hours following the ingestion of the creatine. It is important to note that these subjects did not exercise or consume any other type of supplement that could influence a natural elevation in growth hormone levels. The scientists concluded that the increase in blood levels of GH was solely due to the consumption of creatine. GH is the hormone that controls the regulation of body fat, maintains the body's immune system, allows you to build muscle mass, heals wounds, maintains bone mass as well as hundreds of other vital functions. Besides the benefit of increased recuperation and additional energy supplies, creatine's ability to promote the production of GH is a major step towards maintaining or enhancing health.

Science has proven that as we age the amount of Growth Hormone that our body produces declines. This is the reason that we have more physical related problems as we age such as; loss of muscle mass, our bones become frail, our skin is less elastic, we get sick more often, and we do not have the energy we once had at a younger age. Through its ability to enhance GH levels, creatine can offer aging health enthusiasts an opportunity to maintain their health as well as their youthful vitality and general well-being. For those elderly individuals feeling the effects of muscle loss as they age, creatine provides a “double-whammy” by volumizing muscle cells as well as increasing growth hormone levels.

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THIS IS YOUR GYM!

Please put weights and equipment away when done.

May, 2010

Steve: 727-743-1515



*Did you know:
92% of people joining gyms
quit by 90 days.*

THIS IS IT!!!

“The 2nd Annual Lion Heart Sunshine State Raw Bench Press Meet”

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at LION HEART GYM

11203 49th Street North

Clearwater, FL 33782

Raw (no special gear). This is going to be a great meet.

This will be a American Power Lifting Association meet.

If you are COMPETING PLEASE COME WATCH! *Bring friends and family.*

OUR NEXT BENCH PRESS MEET!

Saturday, Aug. 28, 2010, 11:00 am

at LION HEART GYM

11203 49th Street North • Clearwater, FL 33782

Raw (no special gear). PLEASE call to confirm date.

Want to increase your BENCH PRESS?

1. Eat 1 1/2 to 2 hours before working out.
2. Take 3 to 5 minutes between sets.
3. Start light and go heavier each set. Last set use enough weight to only get 3 reps.
4. Extra last set go lighter and do a 3 second hesitation at bottom of each rep.
5. Only max once a month.
6. Only work chest once a week.
7. Do narrow bench (hands 12” apart) to increase triceps strength.
8. Eat carbohydrates day of your work out and pasta the night before.
9. Fuel your muscles through your blood! So EAT RIGHT, especially on your work out days.
10. NEVER skip meals. Skipping meals makes body store more FAT!

STRESS

1. Exercise is by far the best way to relieve stress. 2. Read the newspaper, magazine or a book, make sure what you read is positive. Not bad news. 3. Listen to music, softly. 4. Take a walk. 5. Find a quiet place in your house or yard. 6. Sit in a park, maybe by a lake. 7. Sit on the beach, great at sunset. 8. Walk through your favorite store. 9. Plan your day on paper. 10. Keep a note pad and pencil by your bed. If you wake up thinking of things to do, write them down. You should go right back to sleep. 11. Meditate. 12. Share your day with a spouse or friend. 13. Do a project you have been meaning to do. 14. Play with your pet.

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June, 2010

Bring **ONE** guest that signs up
and receive a
One Month Gym Membership **FREE**
or
\$25.00 Gift Certificate at Rosie's Clam Shack!
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One Tub Muscle Milk
Help make your gym succeed.

THIS IS YOUR GYM!

Thank you for your help. Steve



Steve: 727-743-1515

Well **Peggy Lepzinski** did it! At the 2nd Annual Lion Heart Raw Bench Press Meet.



Saturday, May 10 at LION HEART GYM

She tied the world record.

Oh yes it was her record before that.

Way to go Peggy, we are proud of you.

OUR NEXT BENCH PRESS MEET!

Saturday, Aug. 28, 2010, 11:00 am

at LION HEART GYM

This will be a American Power Lifting Association (APA) meet.

11203 49th Street North • Clearwater, FL 33782

Raw (no special gear).

The Basics

If you're setting up your own program, you'll need to know some basic strength training principles. These principles will teach you how to make sure you're using enough weight, determine your sets and reps and insure you're always progressing in your workouts.

Overload: To build muscle, you need to use more resistance than your muscles are used to. This is important because the more you do, the more your body is capable of doing, so you should increase your workload to avoid plateaus. In plain language, this means you should be lifting enough weight that you can **ONLY** complete the desired number of reps. You should be able to finish your last rep with difficulty but also with good form.

Progression: To avoid plateaus (or adaptation), you need to increase your intensity regularly. You can do this by increasing the amount of weight lifted, changing your sets/reps, changing the exercises and changing the type of resistance. You can make these changes on a weekly or monthly basis.

Specificity: This principle means you should train for your goal. That means, if you want to increase your strength, your program should be designed around that goal (train with heavier weights 3 to 8). To lose weight, choose a variety of rep ranges to target different muscle fibers (8 to 14).

Rest: Rest days are just as important as workout days. It is during these rest periods that your muscles grow and change, so make sure you're not working the same muscle groups 2 days in a row.

Always warm up before you start lifting: This helps get your muscles warm and prevent injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.

Lift and lower your weights slowly: Don't use momentum to lift the weight. If you have to swing to get the weight up, chances are you're using too much weight.

Breathe: Don't hold your breath and make sure you're using full range of motion throughout the movement.

Stand up straight: Pay attention to your posture and engage your abs in every movement you're doing to keep your balance and protect your spine.

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July, 2010

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Thank you for your help. Steve



Steve: 727-743-1515

**Happy 4th of July
USA**

2010 APA St. Pete Open Bench Press Meet

Saturday, Aug. 28, 2010, 11:00 am

at LION HEART GYM

11203 49th Street North • Clearwater, FL 33782

Raw (no special gear).

Information: Stephen Byer 727-743-1515 • lionheartgym@tampabay.rr.com

Weigh-ins: Friday 6:00PM until 7:00PM or Saturday 8:30AM until 10:00AM (Lifting starts at 11:00AM)

ENTRY FEE: \$55.00 one division and \$30.00 each additional division

Entry Deadline is August 15, 2010. \$10.00 Late Fee

Sanctioned by the **American Powerlifting Association (APA)**. You must be a member to be eligible.

You may purchase membership card at the meet (\$30 adult - \$15 High School Student).

SEND ALL ENTRIES AND MAKE CHECK PAYABLE TO:

Steve Byer, 11203 49th Street N, Clearwater, FL 33762

GET STRONG

What you need:

a partner to motivate and spot you.

The will to be your best.

The time to train each body part once a week (1 to 1 1/2 hours).

If you want to get big and strong in minimal time, you really only need to focus on three moves: the squat, the bench press, and the dead lift. That's what power lifters do. They don't specifically train to get huge muscles, but they still end up being massive. The muscle you have built through heavy training helps to burn more fat. No matter your fitness goal, training like a power lifter is a great start.

How It Works

Getting stronger on the squat, the bench press, and the dead lift.. has a trickle-down effect to every other exercise you can do. In this workout, you'll start each training session with one of the three lifts, paired with an exercise that helps better activate the muscles used for it (such as the band thigh abduction in Workout 1). This combination will make your sets on the main lift that much more effective—and safer as well. Then you'll go on to do assistance exercises that bolster the muscles you've trained on the main lift. You should notice your ability to go heavier on the assistance lifts steadily improving as the workout goes on eight weeks, test your one-rep maximum (the heaviest load you can lift for one rep) on the three big lifts so you can gauge your progress. We're betting you'll have made significant strength gains there as well.

A great start is to do fives sets of each exercise with a weight you can only get five reps of.

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Aug, 2010

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Thank you for your help. Steve



Steve: 727-743-1515

It Is Here!!!

2010 APA St. Pete Open Bench Press Meet

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Steve Byer, 11203 49th Street N, Clearwater, FL 33762

Arms

Over-training can make building muscle nearly impossible, and the arms (along with the shoulders) are the most commonly over-trained muscle groups. This is because they are used for nearly all of the compound movements required to train the back and chest muscles. Before you determine the number of sets you will perform for your arm workout, make sure you take the other compound exercises in your routine into consideration.

Don't Forget the Triceps!

When training the arms, it is important to perform an equal number of exercises for both the biceps and triceps. Many beginners often focus solely on the biceps, thinking that this will help them build significantly bigger arms. This is a mistake however, as the triceps muscle makes up two thirds of the upper arm mass!

Train the Arms Near the End of the Workout

Since the arms are considered one of the smaller muscle groups, they should normally be targeted later in your workout if you are training multiple muscle groups during each routine. If you train them before the larger muscles of the back and chest, you will sacrifice your strength for compound exercises like pull-ups and bench presses.

Change Your Hand Grip to Add Variety

When targeting the biceps and triceps muscles, you will be performing mostly isolation exercises that involve either elbow flexion (biceps), or elbow extension (triceps). This limits the variety of exercises you can perform. A good way to combat this issue is to change your hand positions to target different areas of each muscle.

There are three hand positions that you can use on most arm exercises. Each hand position will put more emphasis on a specific part of the muscle. The three hand positions are as follows:

Palms up - This position targets both the short and long head of the biceps, and the lateral (outer) head of the triceps muscle.

Palms down - This position targets mostly the forearm muscle in the front, and the medial (inside) head of the triceps.

Palms facing each other - This position targets the long head of the biceps, the brachioradialis muscle in the front of the arm, and all three heads of the triceps muscle.

The Anatomy of the Arm Muscles

The upper arm consists of the biceps brachii muscle in the front, and the triceps brachii muscle in the rear. The "biceps" are responsible primarily for flexion of the elbow joint, but also assist movements of the shoulder joint, and the forearm. During any movement that involves elbow joint flexion, the biceps are activated. The biceps come in to play not only in isolation exercises like arm curls, but also in compound exercises like chin ups and rows.

The "Triceps" are located at the back of the arm, and consist of three heads. The long head, lateral head, and medial head. The main responsibility of this muscle is to extend the arm, and assist extension of the shoulder joint. This muscle also comes in to play not only in isolation exercises, but also compound movements like dips, and bench pressing.

11203 49th Street North • www.lionheartgym.com

Sept., 2010

When you are ready to
GET SERIOUS about Fitness!

Steve: 727-743-1515



APA / Lion Heart “Raw” Bench Press Meet

On Saturday August 28, 2010, several American and World records for powerlifting were broken at the bench press meet at Lion Heart Fitness, the only powerlifting gym in Pinellas County. The interesting part is that the champs range from 37 to 70 years old.



Dave Freitas, Joe Zmyewski, Keith Steward, Leon Barry, Ron Corey



Greg Arnold, Tom O'Donnell, Charley Nelson, Steve Byer



Leon and Steve



Joe

Joe Zmyewski, age 52 benched 500 lbs
He already has the World & American record at 520 lbs

Leon Barry age 69 (2 months away from turning 70) 360 lb bench
Breaking World & American Records

Dave Freitas, Benched 250 lbs

Keith Steward

Ron Corey, age 66, Benched 320 lbs
Breaking World & American Records

The youngest competitor was Bobby Keys,
37 (submaster) weight 163 lbs, Benched 410 lbs
Breaking World & American Records

The oldest competitor Don Smith age 70



Bobby Keys



2010 APA / Lion Heart Turkey Push Pull Meet

Saturday, Nov. 13, 2010, 11:00 am

Raw (no special gear).

Weigh-ins: Friday 6:00PM until 7:00PM or Saturday 8:30AM until 10:00AM
(Lifting starts at 11:00AM)

Sanctioned by the **American Powerlifting Association (APA)**.

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SERIOUS FITNESS!

Steve: 727-743-1515

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Get Your Arms Growing

1. You work your triceps when you do any pushing movement for the upper body, i.e. Bench press, shoulders, and pushing movements...
2. You work your biceps every time you use a pulling exercise i.e., back and moving weights around the room...
3. If you are working your whole body 2-3 times a week and you have 2 arm days per week you are actually working out your arms 4-5 times a week. 4-5 times a week is way too much!!!
4. The biceps and triceps are very small muscles and do not need much exercise to grow. In most cases the less the better. You have to remember that they are constantly being worked out from other exercises.
5. Think about your legs for a minute. Do you have a separate leg hamstring day, a separate quad day and finally a separate squat day?
6. In order to get big upper arms you must workout your forearms for grip. If you cannot hold the weight you wish to lift, then what good is a big biceps?

If you are not getting gains on your arms then you should cut down the number of sets that you are doing for arms. You must squeeze and focus on your muscles through the whole range of movement. The goal to building muscle is not the poundage you are using. If you have to cheat during your first 3 reps it is too much weight!

FOR BICEPS

Straight bar curls = (1 warm up) set, 3 working sets and pyramid up in weight 10-8-8-6 (to warm up and work the mid-range of the movement. Narrow curls = 3 sets and pyramid up in weight 10-8-8 (to stretch out the biceps)

Preacher curl = 3 sets and pyramid up in weight 10-8-8 (to work the lower and upper range)

FOR TRICEPS

Triceps push downs = (2 warm up) and pyramid up in weight (10-10)-8-8-6

Triceps extensions (behind the head) = 3 sets and pyramid up in weight 10-8-8 (to stretch and work all 3 heads)

Skull crushers (lying triceps extensions) = 3 sets and pyramid up in weight 10-8-6

Rosie's Clam Shack

"New England Seafood with a Florida Flare"

6657 49th Street North
Pinellas Park, Florida 33781
(In Buccaneer Plaza)

(727) 527-6700
www.rosiesclamshack.com

Rosie "Big Fish"
Tammy "Little Fish"



Lion Heart Coupon

Tell her Steve sent you!

Good for one (1) of the following with meal:

- **Cup of Chowder**
 - **Onion Rings**
 - **Drink** (Beer, wine, well or soft drink)
- Dine in only*



SERIOUS FITNESS!

Steve: 727-743-1515



Please come and watch

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Please come and watch

Chest

While bench press is a great exercise, a good chest can be built without it. People perform barbell bench, incline and decline presses for their workout. Eventually, progress slows and people look for answers.

The answers are adding more weight, sets or reps to the same three exercises. The answer is also to include more exercises. The basic movements are flys and presses. Use different variations of these exercises. Hitting the chest muscles with different angles is good, so continue flat, incline and decline movements. Only from now on, grab dumbbells once in a while instead of barbells. Throw in some flys instead of presses. Do this because flys isolate the pectorals major more than any other exercise. Use the cables for crossovers and standing presses once in a while. Do pushups. If possible, elevate the feet onto a bench or stability ball to increase the load. A great warm up. Pullovers grow the serratus anterior. Again, use the barbell, a dumbbell or cables.

A good chest begins with the rib cage. The internal intercostals muscles pull the ribs together and the external intercostals muscles elevate the chest. The chest muscles will not look big without well-developed intercostals.

The second layer of chest development is the serratus anterior. This muscle nestles between the chest and back. It sits on top of the lower ribs. Its function is to pull the shoulder blades away from the spine. When developed, the serratus anterior looks like fingers.

The third layer of the chest is the pectoralis minor. This muscle originates on the upper ribs. It inserts itself from the shoulder joint, moving it. The pectoralis minor is not visible.

The pectoralis minor is not visible because the last layer of the chest, the pectoralis major, lies on top of it. The pectoralis major, better known as the pecs, originates at the sternum (breastbone) and clavicle (collarbone).

The "pecs" are a fan-shaped muscle, inserting from the shoulder. This shape draws the arm in toward the body and rotates the upper arm inward. The pecs, like the delts, get accused of being two or three different muscles. This is not true. They are not like the quadriceps, biceps or triceps. The pecs are one muscle with multiple striations.

Tendonitis of the triceps or tennis elbow is a serious condition (pain around the elbow area that extends up or down the upper and lower arm). This can stop you of training for a long time. The triceps do not like fast negatives or sudden jolts. The way the triceps tendon clamps onto the bone is not the best in the World. So, you must be aware of sudden shocks to the triceps. So make sure you lower the weight and do not jerk any weight up or down. Some of the forearm flexors extend and clamp into the elbow area. Having your wrists bent can cause pain in that area. So keep your wrists straight. It is always a good idea that if you can wrap your thumb around the bar when doing triceps, you do it. This helps to keep the wrists straight, thus preventing strain on the tendons.

