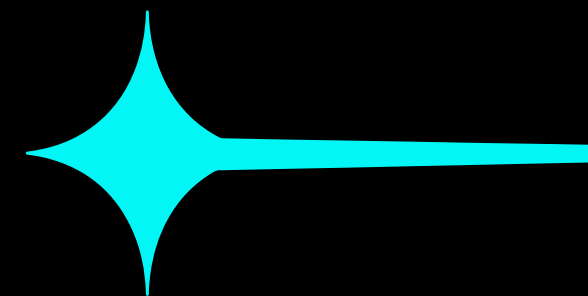




TRICEP
WORKOUT



TRICEP WORKOUT

PLAN 1



TRICEP WORKOUT

AUTHOR: BRANDON B

TRAINING LEVEL: INTERMEDIATE

WORKOUT DURATION: 1 DAY

WORKOUT NOTES:

We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Dips	3	6, 6, MAX	2110	2 Min	
Barbell Skull Crusher	2	8	2110	2 Min	
Cable Tricep Pushdown	2	10	3110	2 Min	
Dumbbell Overhead Extension	2	12	2010	2 Min	