



Rope Pushdown

Hold rope with elbows tight against body. Keeping elbows close to body push rope down while squeezing triceps.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- S.T.
- G.F.



Incline Belly Kickback

Start with chest on incline bench with head off bench. Hold dumbbells in each hand keeping elbows close to body and elbows bent to 90 degrees. "Kickback" dumbbells so that arms are straight, squeezing triceps.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- G.F
- S.T



Close Grip Bench Press

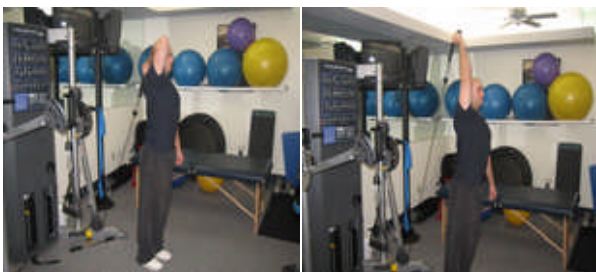
Hold barbell with close grip, about 8 inches apart. Keeping arms close to your sides, lower bar until it touches your chest. Return to starting position concentrating on using your triceps to push.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- S.T.
- A.T.
- G.F.



1 arm overhead cable extension

Standing with feet shoulder width apart hold cable behind the head with the elbow staying close to the body extend cable up toward the ceiling

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- A.T.
- G.F.
- S.T.



Ball Triceps Extension

Lay back on gymball with head and shoulders resting and abs tight. Bring arms straight up, then bend at elbows and bring dumbbells back toward head, push dumbbells back up to start squeezing triceps.

Notes:

- A.T
- S.T
- G.F

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31