



Triceps Termination

Exercise	Rest	Sets	Reps	Weight	Notes
Incline skull crusher	1:30	3	8		
superset					
Incline neutral grip skull crusher			10		
Close grip press	1:30	3	8		
superset					
Incline close grip push-ups			15		
Pushdown	1:30	3	8		
Rope extension	1:30	4	20		