

Tricep Workouts

Bulk-Up Phase			Muscle Definition Phase		
Weeks 1 to 6			Weeks 1 to 5		
	Sets	Reps		Sets	Reps
behind-the-head lying tricep extension	3	6 to 8	cable tricep extension (rope)	4	12 to 14
weighted bench dips	3	8 to 10	EZ bar skullcrushers	4	14
bent-over dumbbell kickbacks	3	8	incline cable tricep extension	4	12 to 14
close-grip bench press	3	6 to 8	two-arm seated dumbbell extension	4	12
Weeks 7 to 12			Weeks 6 to 10		
	Sets	Reps		Sets	Reps
decline lying dumbbell extension	3	8	SUPER SET bent-over dumbbell kickbacks	4	12
lying tricep extension (skullcrushers)	3	6 to 8	SET cable tricep extension	4	12 to 14
one-arm standing dumbbell extension	3	6 to 8	SUPER SET incline close-grip bench press	4	12
tricep dips	3	8 to 10	SET lying (floor or bench) extension	4	12 to 14

Notes: Supersets are performed with NO REST in between sets of any given two-exercise (sometimes three) exercise routine. As soon as you finish a set of one exercise move quickly to the next exercise and do a set of the second exercise. After this you can rest and then repeat the superset cycle again until you go through the entire sequence (number of sets).