

# Tricep Workouts

Bulk-Up Phase			Muscle Definition Phase		
<b>Weeks 1 to 6</b>			<b>Weeks 1 to 5</b>		
	<b>Sets</b>	<b>Reps</b>		<b>Sets</b>	<b>Reps</b>
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
<b>Weeks 7 to 12</b>			<b>Weeks 6 to 10</b>		
	<b>Sets</b>	<b>Reps</b>		<b>Sets</b>	<b>Reps</b>
decline lying dumbbell extension	3	8	<b>SUPER SET</b> bent-over dumbbell kickbacks	4	12
lying tricep extension (skullcrushers)	3	6 to 8	<b>SET</b> cable tricep extension	4	12 to 14
one-arm standing dumbbell extension	3	6 to 8	<b>SUPER SET</b> incline close-grip bench press	4	12
tricep dips	3	8 to 10	<b>SET</b> 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).