



# BODY SPARTAN

*Change your physique...And your life!*

## TRICEP SUPERSETS FOR MASSIVE GAINS

### WARM-UP: ROPE TRICEPS PUSHDOWNS

Set	Weight	Reps	Superset Weight	Superset Reps	Rest period between sets
1	Light	10	N/A	N/A	1 minute
2	Light	10	N/A	N/A	1 minute
3	Light	10	N/A	N/A	1 minute
4	Light	10	N/A	N/A	1 minute

### SUGGESTED EXERCISES:

- Machine or hammer strength dips
- Overhead dumbbell extensions
- Barbell skull crushers
- Reverse grip, cable pull downs, single arm
- Triceps dips (no weight) – no superset here. Just do one set, as many as you can.
- Use the assisted machine, if needed
- Triceps cable push-downs with straight bar





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**TRICEP WORKOUT: USE THIS REP SCHEME FOR ALL EXERCISES**

**EXERCISE:** \_\_\_\_\_

Set	Weight	Reps	Superset Weight	Superset Reps	Rest Period between sets
1	0.6 x max _____	12	None	None	60 seconds
2	0.7 x max _____	10	None	None	60 seconds
3	0.8 x max _____	8	None	None	60 seconds
4	0.9 x max _____	6	0.6 x max of weight _____	12	None

