

# Exercise 06 Triceps

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Skull Crushes	1	6 - 10 Light - Mild	Warm - Up, Targeting all 3 Heads

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Skull Crushes	2 - 3	6 - 10 Mild	Working Set, Controlled / Focus

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Skull Crushes	4	Mild	Full On Set Till Failure (Burn - Out)