



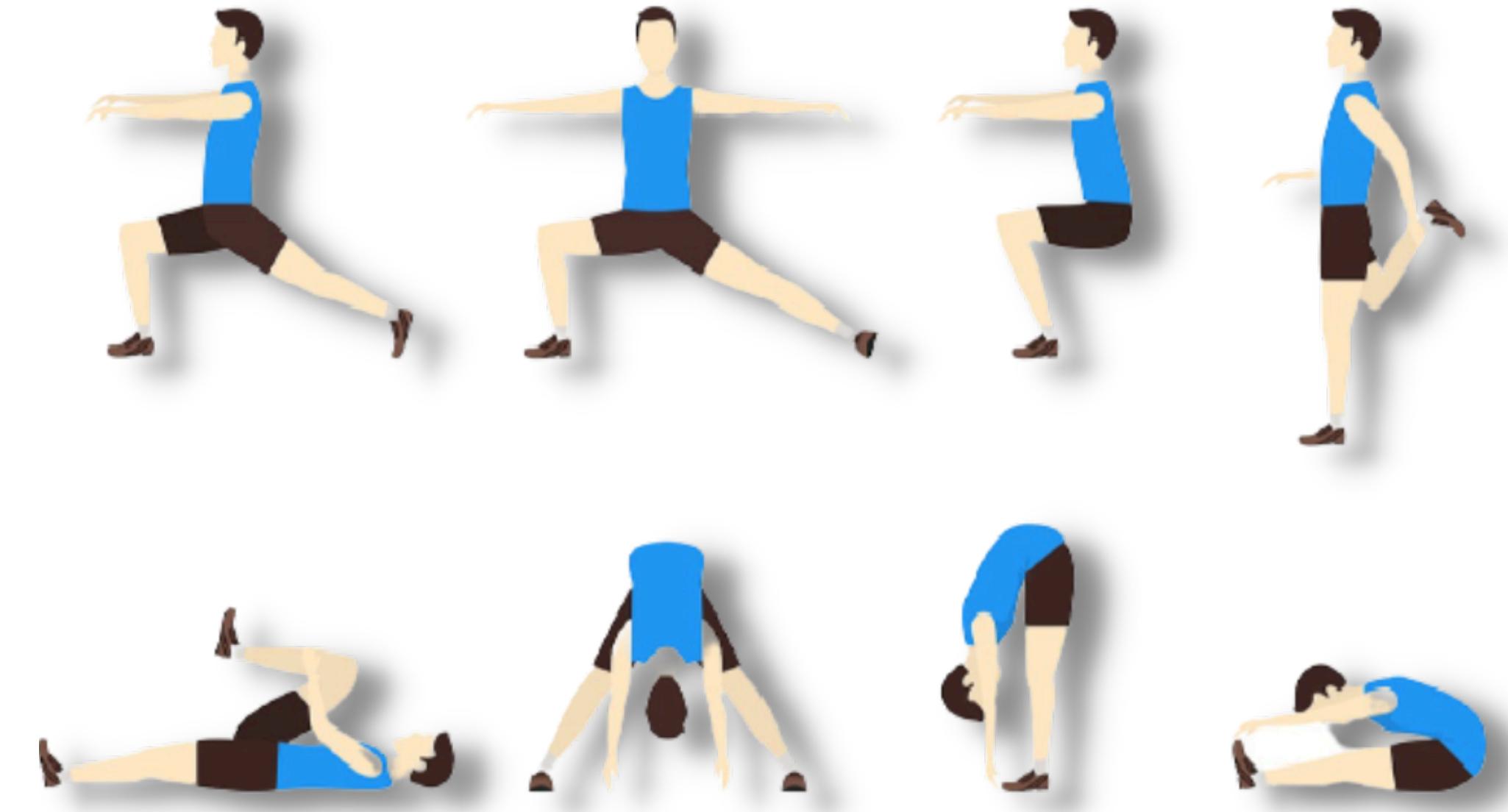
Power



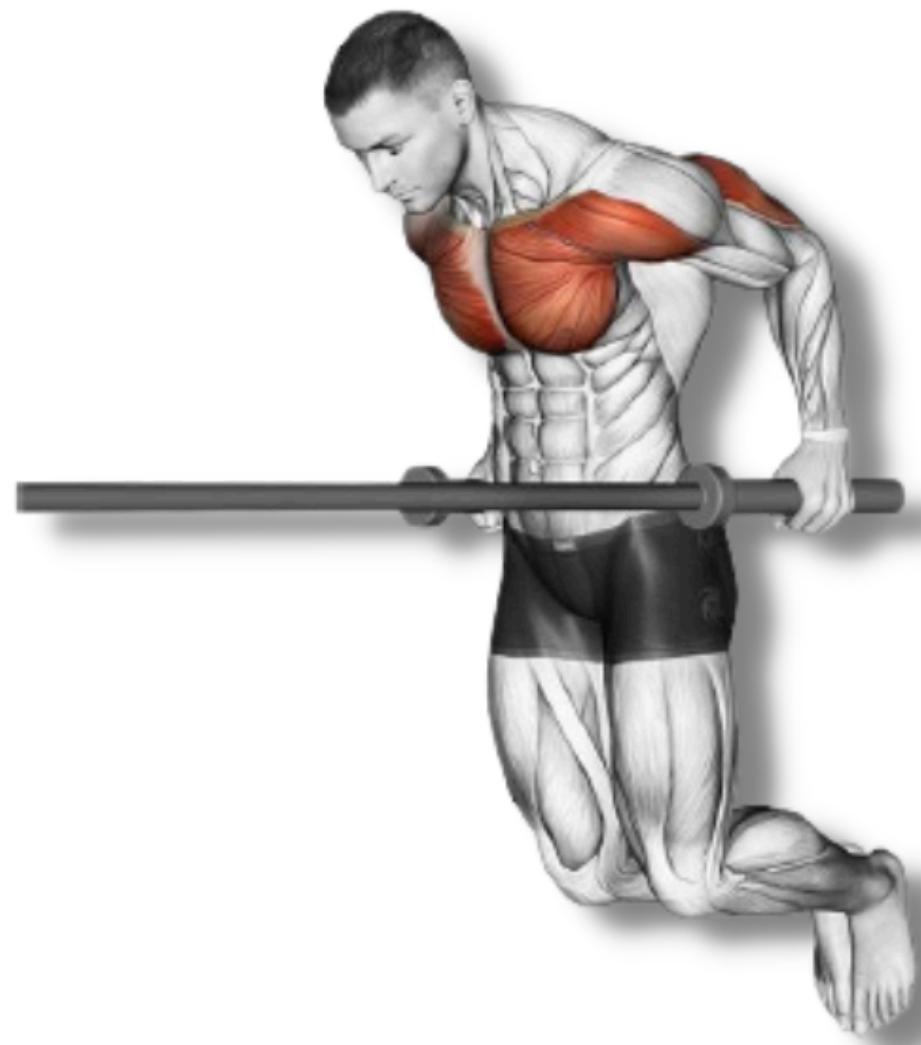
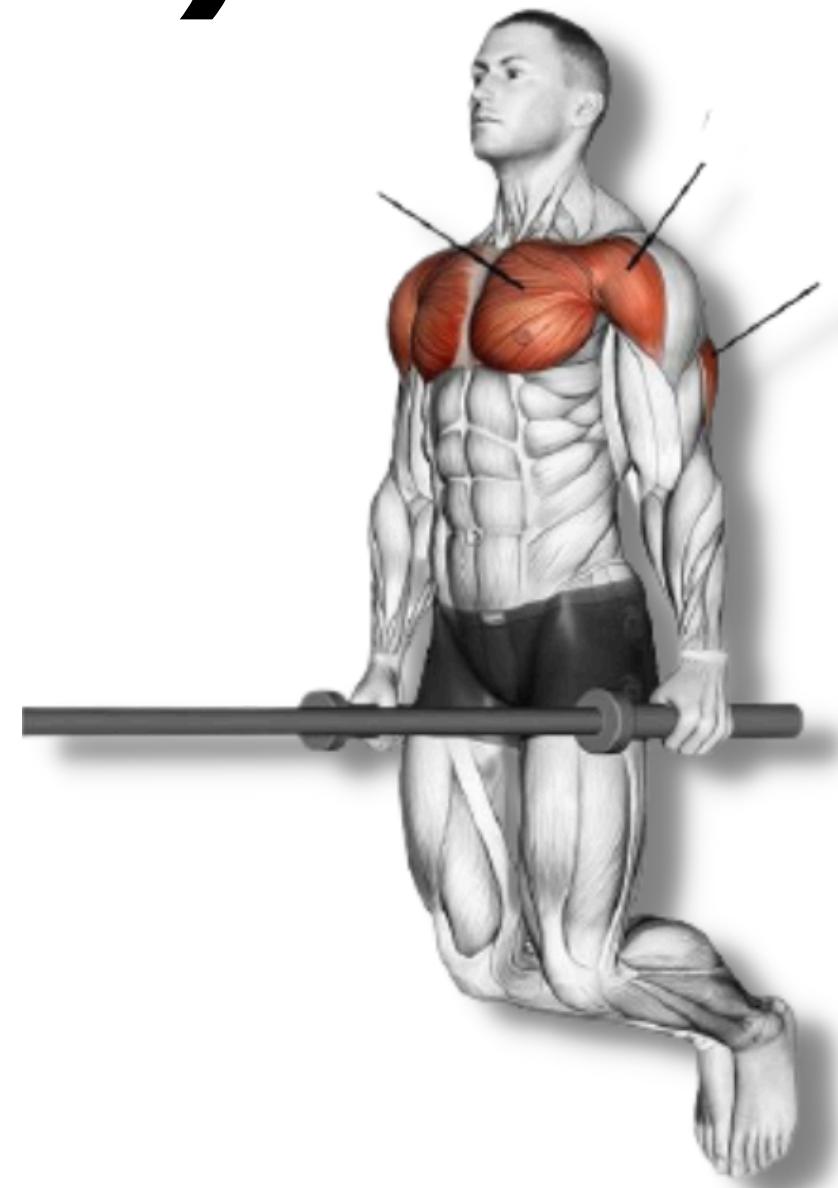
DAY - 3

TRICEPS , LEGS & ABS

- **DYNAMIC STRETCHES**



• **TRICEP DIBS**
(3*12-15)



• ROPE TRICEP PUSHDOWN
(3*12-15)



- **SKULL CRUSHERS SUPERSET W/ CLOSEGRIP BENCH PRESS
(3*12 EACH)**



- **CLOSE GRIP PUSHUPS**
(3*FAILURE)



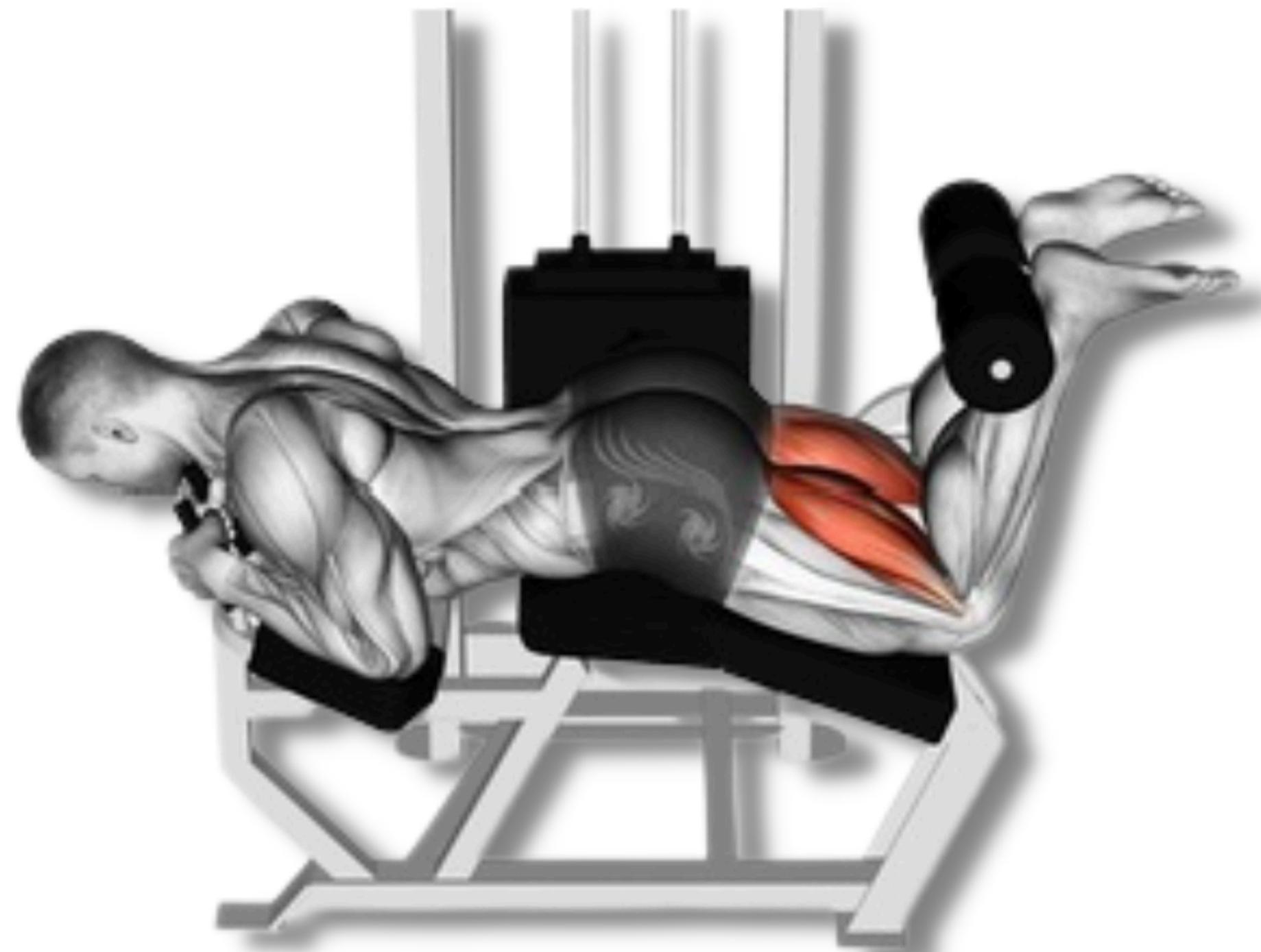
- **WEIGHTED SQUATS**
(3*12-15)



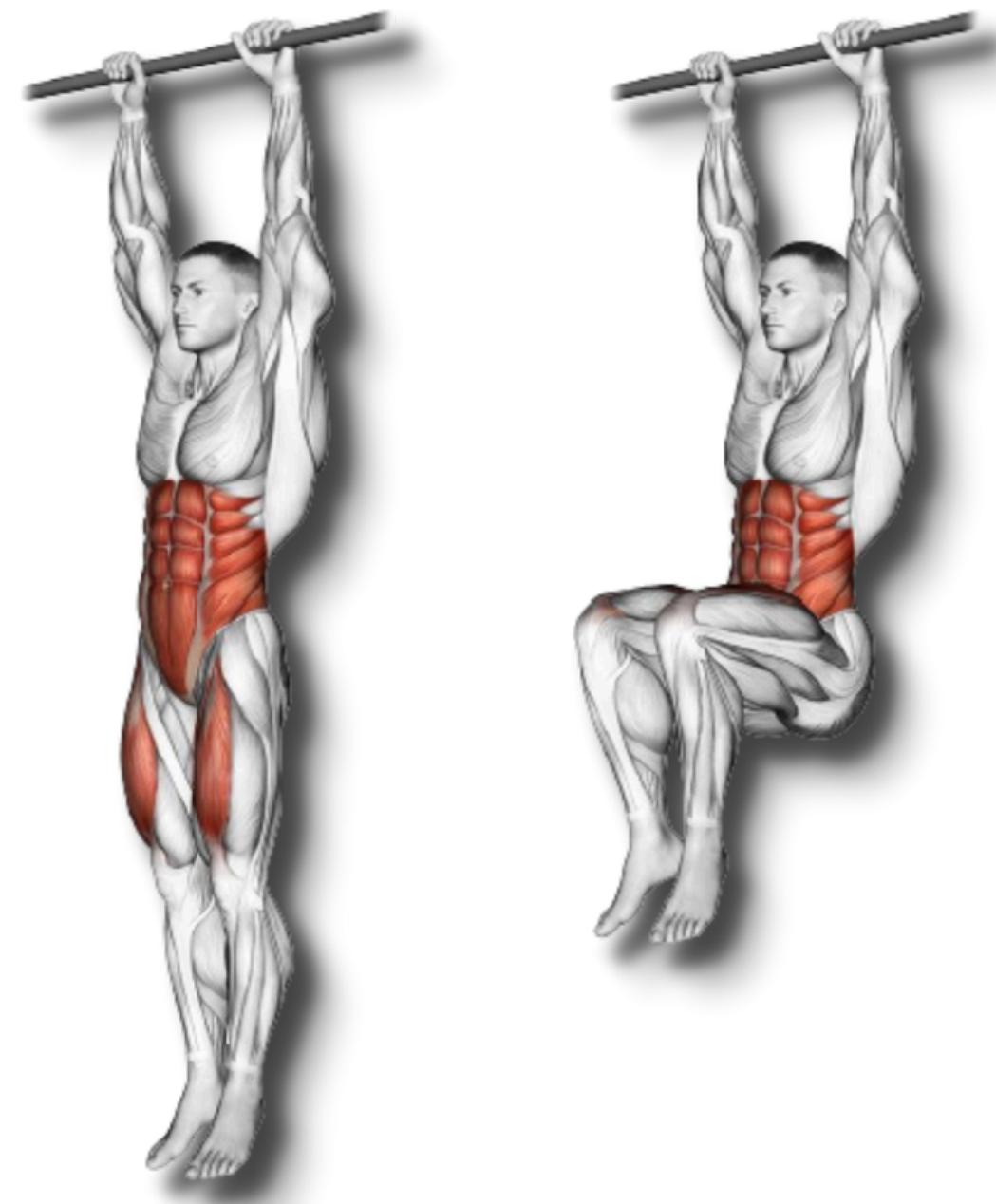
- **LEG PRESS**
(3*12-15)



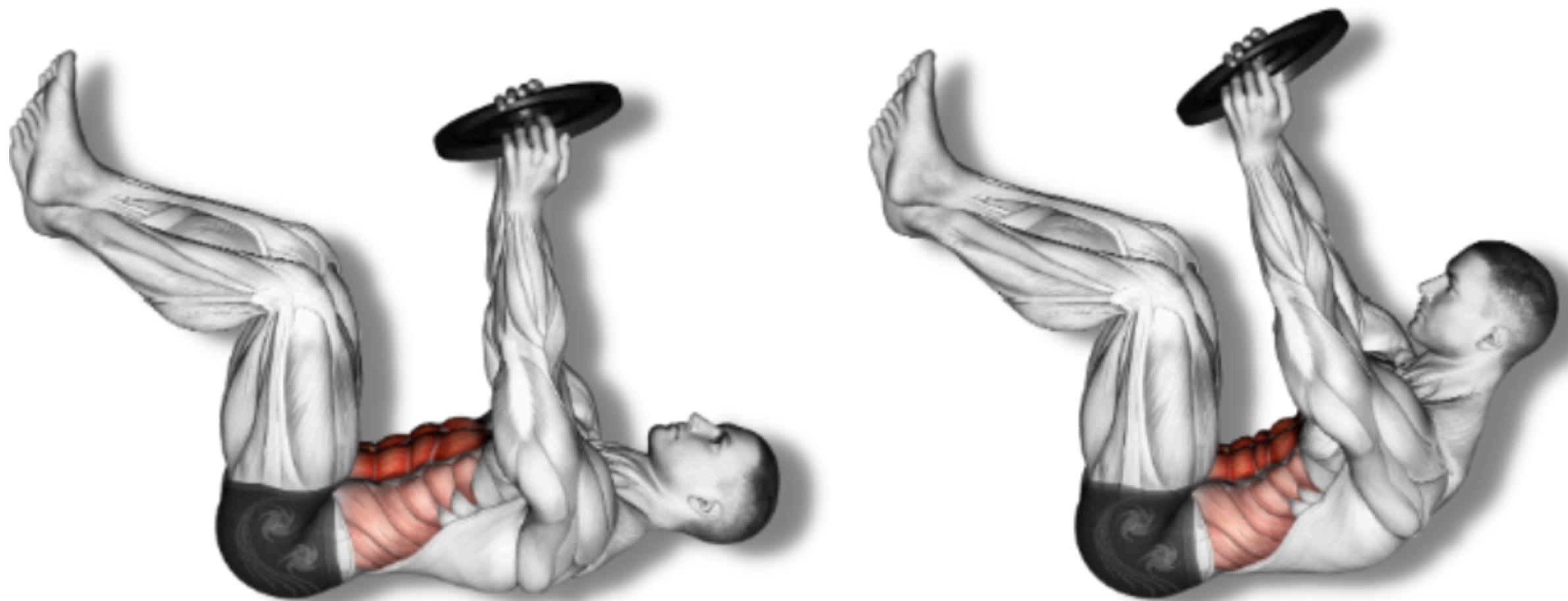
- HAMSTRING CURLS
(3*15)



- **HANGING LEG RAISES/LEG RAISES
(3*15-20)**



- PLATE WEIGHTED CRUNCHES
(3*15)



- **PLANK**
(3*FAILURE)

