



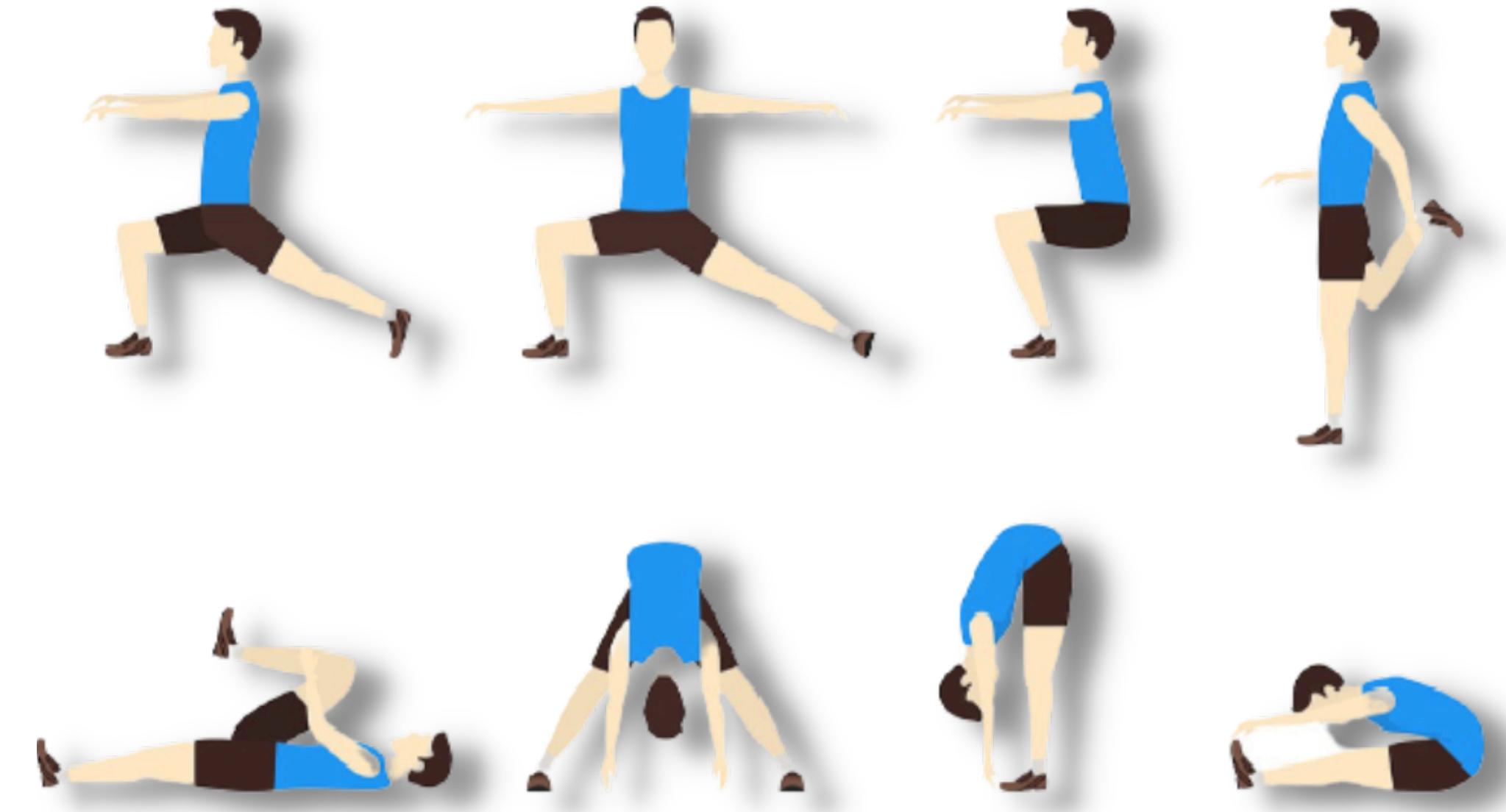
Power



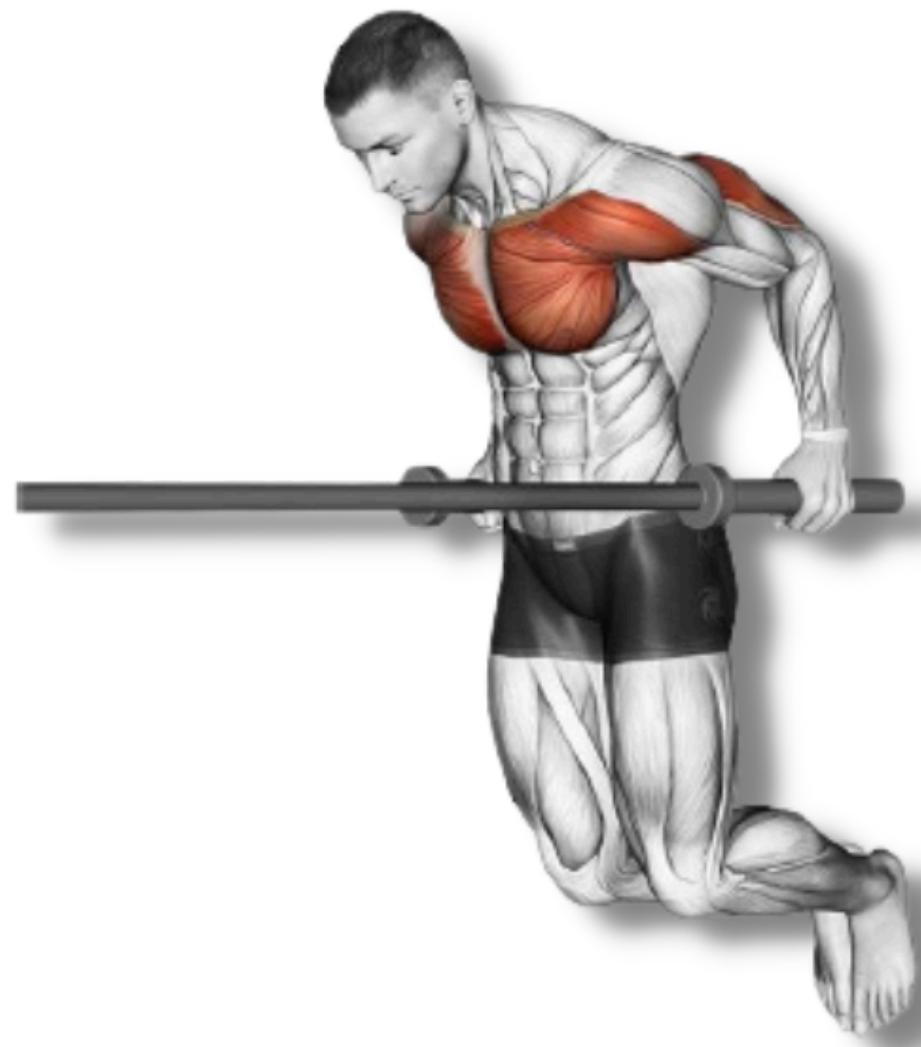
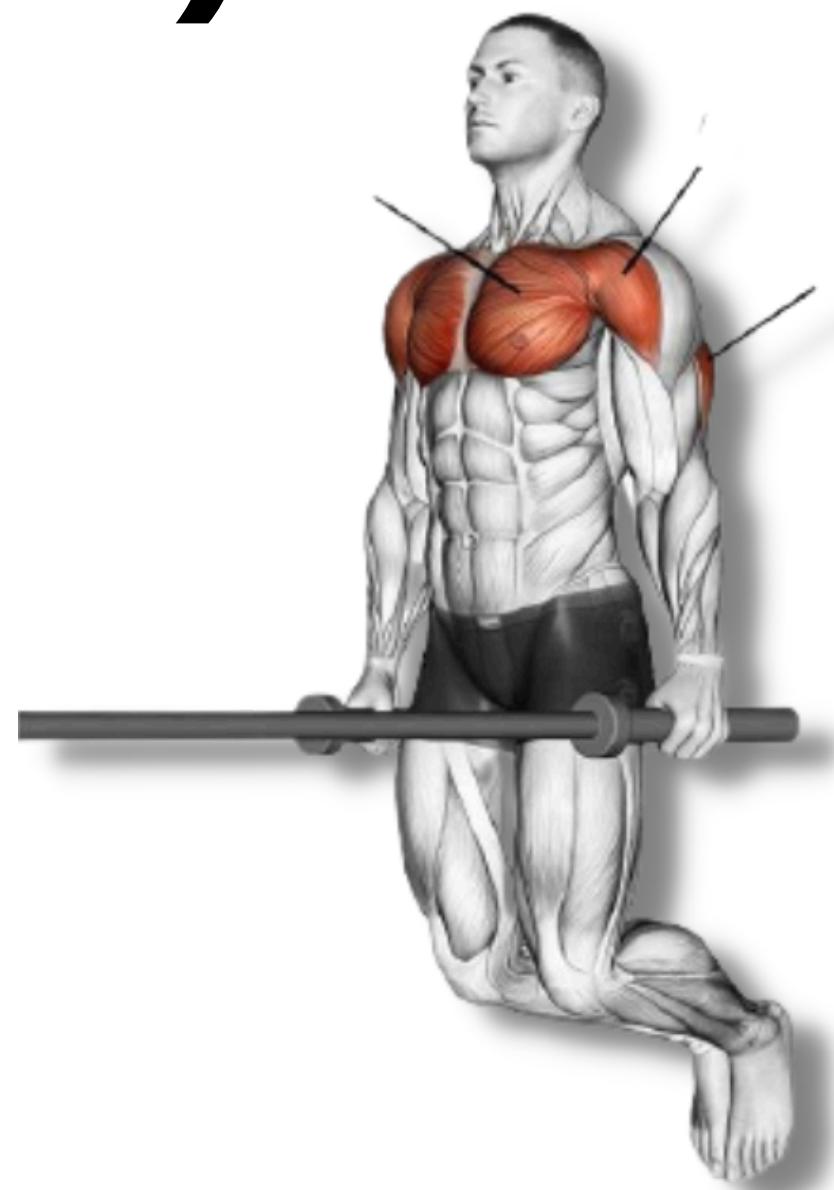
DAY - 6

TRICPES , LEGS & ABS

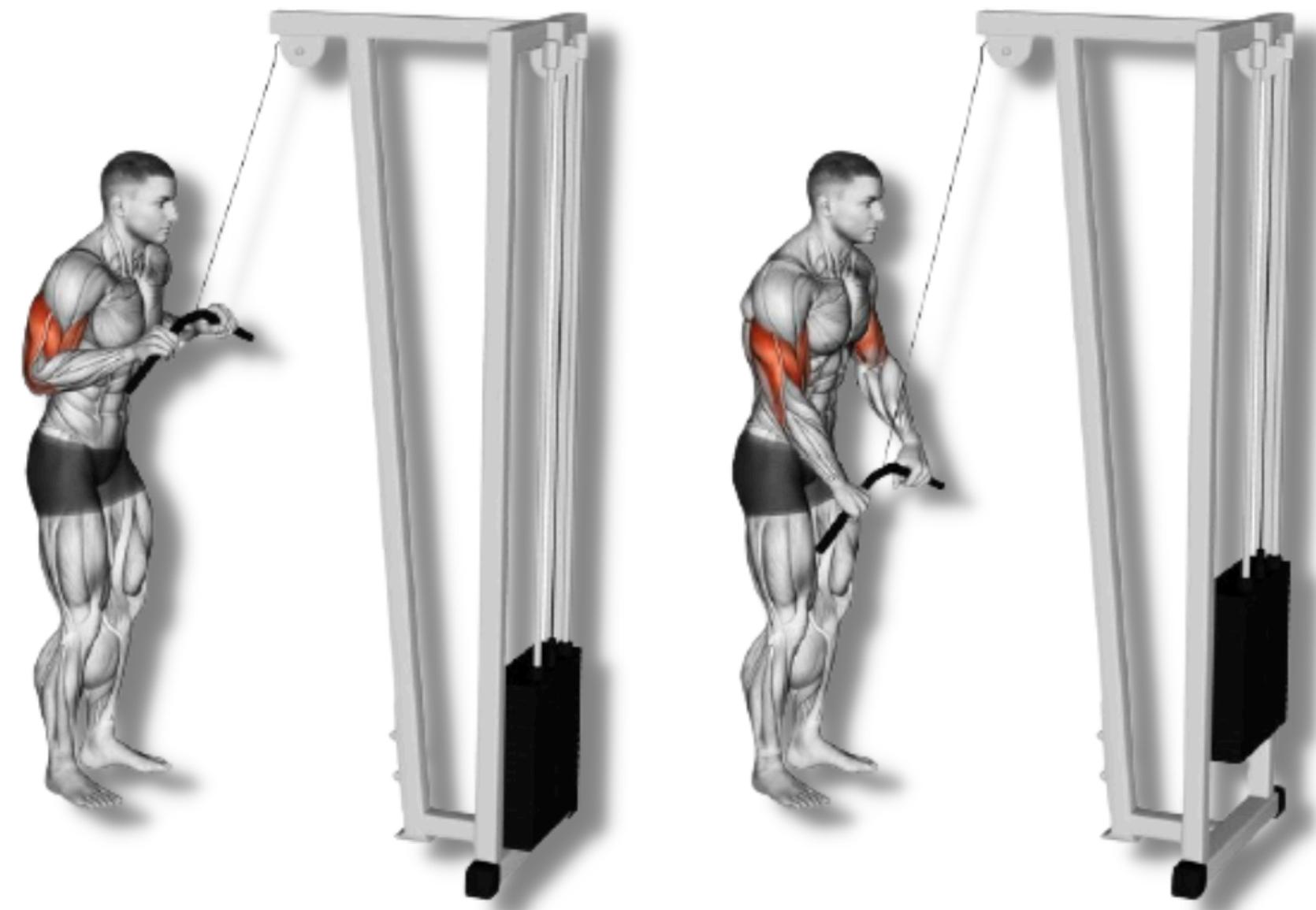
- **DYNAMIC STRETCHES**



• **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)



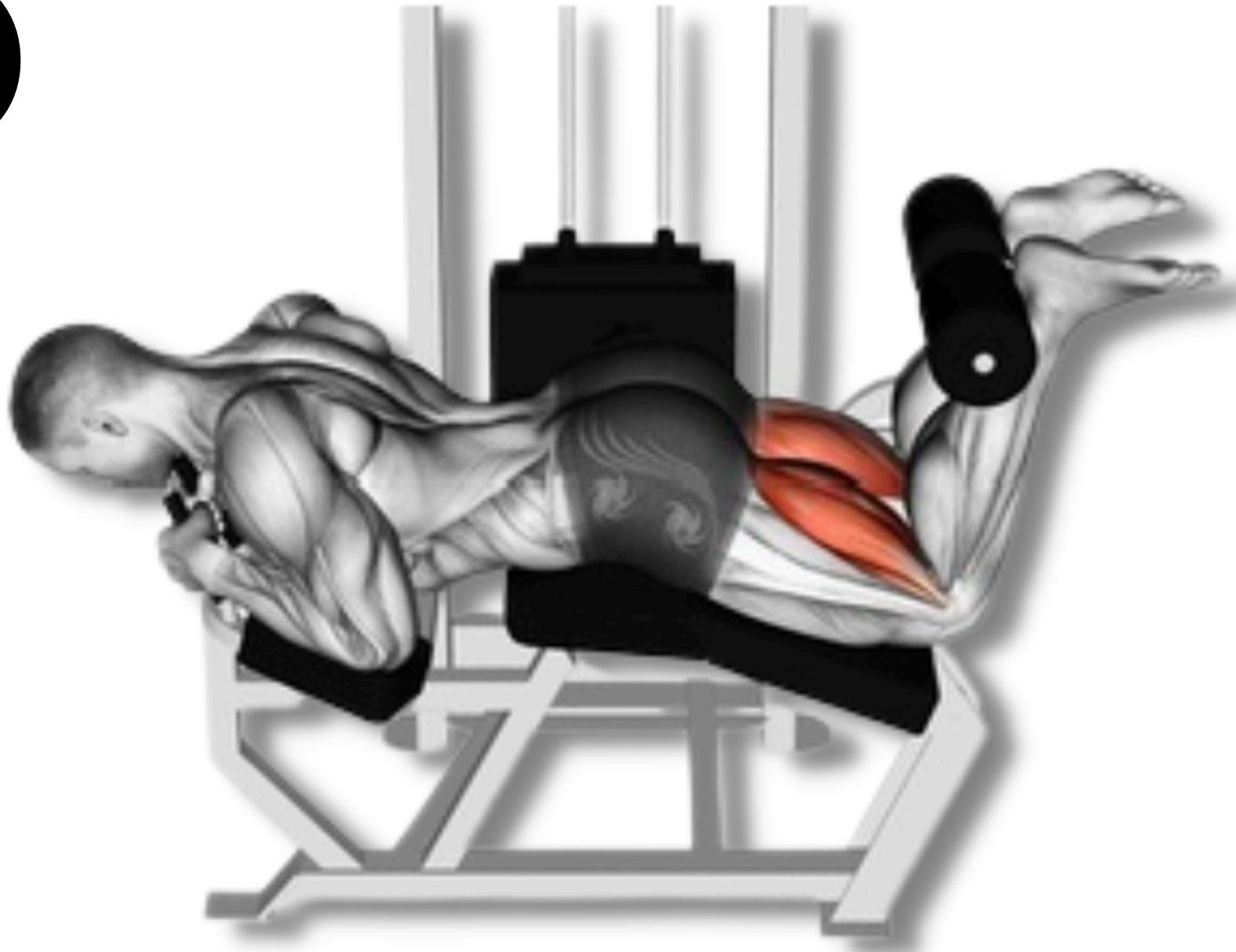
- **WEIGHTED SQUATS**
(3*12-15)



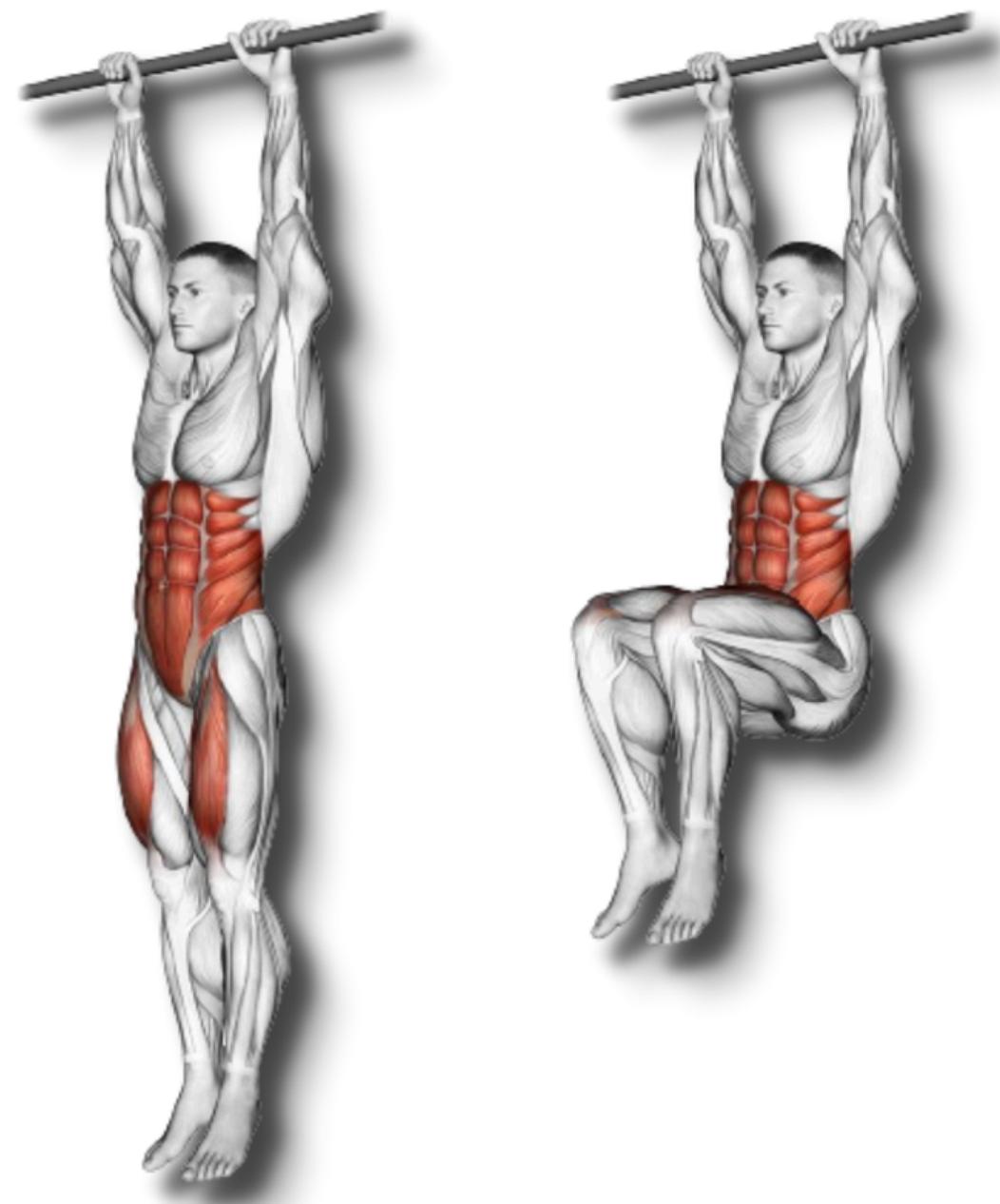
- **LEG PRESS**
(3*12-15)



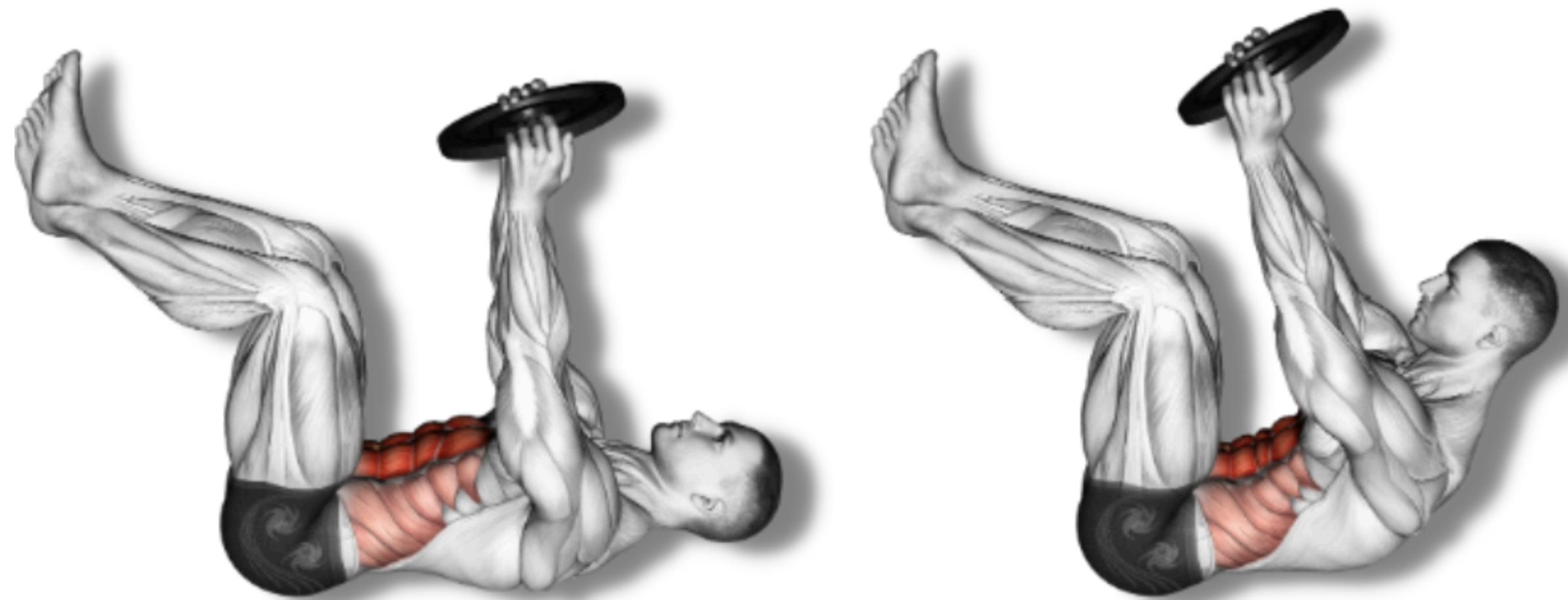
- **HAMSTRING CURLS**
(3*15)



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



- PLATE WEIGHTED CRUNCHES
(3*15)



- **PLANK**
(3*FAILURE)

