

# Sample Triceps Workout

## 1. Diamond Pushups (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 15 Reps

## 2. Seated Overhead Tricep Extension(3 sets)

Set 1 - 15Reps

Set 2 - 12Reps

Set 3 - 12Reps

## 3. Dumbbell Skull Crusher (3 sets)

Set 1 - 12 Reps

Set 2 - 12 Reps

Set 3 - 12 Reps