

Sample Triceps Workout

1. Body weight Squat (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 15 Reps

2. Barbell Squats(3 sets)

Set 1 - 10Reps

Set 2 - 8Reps

Set 3 - 8Reps

3. Barbell Sumo Deadlift (3 sets)

Set 1 - 10 Reps

Set 2 - 8 Reps

Set 3 - 8 Reps

4. Romanian Deadlift (3 sets)

Set 1 - 10 Reps

Set 2 - 8 Reps

Set 3 - 8 Reps

4. Lunges (3 sets)

Set 1 - 20 Reps

Set 2 - 20 Reps

Set 3 - 20 Reps