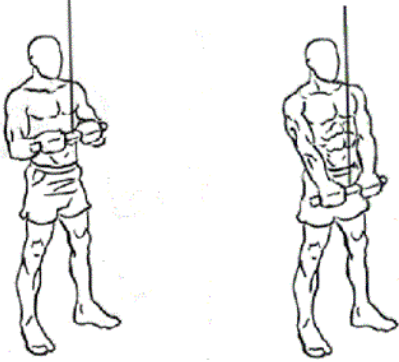


# YOUR WORKOUT SPLIT

## Triceps

### Exercise 1:



#### **Cable Pushdowns:**

- 1) Set a cable up at the top of the machine
- 2) Keep arms glued to either side, and only use your elbows as pivot points
- 3) Pull the weight down until arms are parallel with body
- 4) Return to rest position with controlled motion.

### Exercise 2

#### **Skull Crushers:**

- 1) Lay flat on floor or bench and start with fists extended to ceiling.
- 2) Contract elbows and bring weights until your fists are near your temples.
- 3) Extend elbows back to top, and flex triceps.

