

# **10 WEEKS TO FITNESS-DAY 32: TRICEPS & CALVE**

## **Superset (1) and (2)**

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|------------------------------------|--------------------------------------|
| 1) Close Grip Bench Press          | 6 Sets of 30, 25, 20, 15, 10, 5 Reps |
| 2) Seated Calve Raises:            | 6 Sets of 30, 25, 20, 15, 10, 5 Reps |
| 3) Incline Close Grip Bench Press: | 6 Sets of 30, 25, 20, 15, 10, 5 Reps |
| 4) Tricep Extensions:              | 6 Sets of 30, 25, 20, 15, 10, 5 Reps |
| 5) Tricep Pushdown:                | 6 Sets of 30, 25, 20, 15, 10, 5 Reps |
| 6) Standing Calve Raises :         | 6 Sets of 30, 25, 20, 15, 10, 5 Reps |
| 7) Cable Tricep Extension:         | 6 Sets of 30, 25, 20, 15, 10, 5 Reps |