

Free Triceps Workout

Exercise	Sets	Reps
Cable Triceps Pulldown (v-bar or straight bar)	5	20,30,40,30,20
Overhead Cable Triceps Extensions (rope attachment/ or straight bar)	5	20,30,40,30,20
Flat Bench Cable Triceps Skull Crushers	5	20,30,40,30,20
Incline Bench Triceps Overhead Extensions (rope attachment)	5	20,30,40,30,20
Decline Abs (incline bench and rope attachment)	5	20,30,40,30,20)

Cardio: 30 minutes