

Exercise

Base Prescription

Day 1:

Day 2:

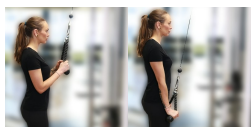
Day 3:

Tricep pushdown (t-bar) with Cable Machine



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	110.0	12						
Rest		30						
2	110.0	12						
Rest		30						
3	110.0	12						
Rest		30						
4	110.0	12						

Tricep cable pushdown with Cable Machine



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	90.0	12						
Rest		30						
2	90.0	12						
Rest		30						
3	90.0	12						
Rest		30						
4	90.0	12						

Standing supinated tricep cable extension



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	55.0	10						
Rest		30						
2	55.0	10						
Rest		30						
3	55.0	10						
Rest		30						
4	55.0	10						