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BEGINNER TRICEP WORKOUT

Tricep workout designed for beginners to bodybuilding. This workout hits the triceps with 3 compound and isolation exercises for a total of 6 sets.

Link to Workout: <https://www.muscleandstrength.com/workouts/37-beginner-tricep-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 15-30 Mins

Equipment: Barbell, Bodyweight, Cables

Author: Doug Lawrenson

Beginner Tricep Workout

Exercise	Sets	Reps
Close Grip Bench Press	3	15, 12, 10
Straight Bar Pushdowns	2	10
Close Grip Push Ups	1	10