



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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POWER, MUSCLE, BURN TRICEP WORKOUT

Build massive horse shoe triceps by blasting them in different rep ranges, including the use of power, muscle building and burn sets.

Link to Workout: <https://www.muscleandstrength.com/workouts/power-muscle-burn-tricep-workout.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 20-30 Mins

Equipment: Barbell, Cables, Dumbbells, EZ Bar

Author: Steve Shaw

Tricep Workout

Exercise	Sets	Reps
Power: Close Grip Bench Press	4	3 - 5
Muscle: EZ Bar Skullcrusher	2	6 - 12
Muscle: Seated French Press	2	6 - 12
Burn: Cable Tricep Extension	1	40
Burn: Two Arm Seated Dumbbell Extension	1	40