



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



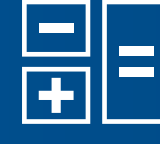
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STEVE'S TITANIC TRICEP BUILDER WORKOUT

Most of us want big arms, but we put too much focus on training our biceps. Triceps are twice as large as your biceps. Get big arms now by carving out titanic triceps!

Link to Workout: <https://www.muscleandstrength.com/workouts/steves-titanic-tricep-builder-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells, EZ Bar

Author: Steve Shaw

Shoulders

| Exercise | Sets | Reps | Target |
|--------------------------------------------------|------|--------|--------|
| “Must Have” Shoulder Exercises | | | |
| Seated Barbell Press Behind Neck | 3 | 5 - 10 | (25) |
| Secondday Shoulder Exercises | | | |
| Military Press | 3 | 5 - 10 | (25) |
| Seated Arnold Press | 3 | 5 - 10 | (25) |
| Seated Dumbbell Press | 3 | 5 - 10 | (25) |
| Standing Dumbbell Press | 3 | 5 - 10 | (25) |

Day 2

| Exercise | Sets | Reps | Target |
|---------------------------------------------------|------|--------|--------|
| “Must Have” Chest Exercises | | | |
| Barbell Bench Press | 3 | 5 - 10 | (25) |
| Secondday Chest Exercises | | | |
| Chest Dip (Weighted, if Possible) | 3 | 5 - 10 | (25) |
| Incline Bench Press | 3 | 5 - 10 | (25) |
| Floor Bench Press | 3 | 5 - 10 | (25) |
| Dumbbell Bench Press | 3 | 5 - 10 | (25) |
| Incline Dumbbell Bench Press | 3 | 5 - 10 | (25) |

Day 3

| Exercise | Sets | Reps | Target |
|-----------------------------------------------------|------|--------|--------|
| “Must Have” Triceps Exercises | | | |
| Close Grip Bench Press | 3 | 5 - 10 | (25) |
| Secondday Triceps Exercises | | | |
| Tricep Dips (Weighted, if Possible) | 3 | 5 - 10 | (25) |
| EZ Bar Skullcrusher | 3 | 5 - 10 | (25) |
| French Press | 3 | 5 - 10 | (25) |
| Two Arm Seated Dumbbell Extension | 3 | 5 - 10 | (25) |