Training

My Favorite Tricep Routine

Beginners* (for those with less than 3 months of training)

Tricep Pushdown	1 X 20-25**
	3 X 10
Overhead Tricep Extension	3 X 10

*train back once a week. Rest 1 minute in between sets
** this is a warm up set

Intermediate* (for those with 3 months to 1 year of training)

Tricep Pushdown	1 X 25-30**
	3 X 10
Close Grip Bench Press	1 X 10
Overhead Tricep Extension	3 X 10
Lying Tricep Extension	3 X 10

*train back once a week. Rest 1 minute in between sets
** this is a warm up set

Advanced* (for those with more than 1 year of training)

Reverse Tricep Pushdown	1 X 25-30**
	3 X 6-10^
Close Grip Bench Press	3 X 6-10^***
Lying Tricep Extension	3 X 6-10^
Superset	
Dips	3 X as many reps as possible
Tricep kickback	3 X 15

*train tricep twice a week. Rest 1-2 minute in between sets
** this is a warm up set
***the final set is a drop set (I complete 6 reps with maximum weight , then strip off half the weight and do as many reps as I can)
^ pyramid sets- start with a weight that uses lighter weight but encompasses many reps. Then as you move onto the next set and so on , you use heavier weight and perform fewer reps