

Super Set Triceps Training

Name _____

Instructions: Perform each exercise for one body part in a split set format. All Tasks must be signed by the instructor

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
Two hand upright Triceps Extension (barbell, dumbbell or plate) 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Rope Triceps Extension 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Barbell Skull Crushers 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Single arm upright dumbbell Triceps Extensions 3 RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Dumbbell Kickbacks 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Wide Grip Triceps Extension (cable or bar) 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Closed Grip Triceps Extension (cable or bar) 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Closed Grips Bench Press 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Dips (bench or upright) 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
_____ 3RM _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____	____ X ____ Weight: _____
Instructor signature				

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