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Try out this quick workout to really feel a burn on your Triceps!

**Tri – Set** (3 exercises, back to back no rest) - Tri Sets are used to increase intensity and offer a different stress to the muscles to have further adaptation.

Tricep Skull Crushers – **10 REPS**

Overhead Tricep Extension with Rope – **10 REPS**

Tricep Push Ups – **To Failure**

DO THIS FOR 3**SETS!**

Each exercise should be around **60% of your 1RM**, Perform with **good technique**, focus on this more than the weight you’re using!

HOPE YOU ENJOY THIS!