

TRICEP BURNOUT WORKOUT



The workout:

- 4 Exercises / 3 sets / 12-15 reps each exercise
- Rest 60-90s between sets
- After the last set of each exercise, do a burnout set.
You will half the weight, and go to failure!
- Click each exercise for video demonstrations for good form. Pick sensible weights

Exercise	Sets	Reps	Rest	Notes
<u>1. Tricep Rope Extensions</u>	3	12-15	60-90s	Finish set 3 - half the weight then go to failure
<u>2. Tricep Underhand Extensions</u>	3	12-15	60-90s	Finish set 3 - half the weight then go to failure
<u>3. Tricep Overhead Extensions</u>	3	12-15	60-90s	Finish set 3 - half the weight then go to failure
<u>4. Tricep Dips</u>	3	12-15	60-90s	Do 3 sets as normal no burnout

I hope you enjoy the workout! Give it a try and see how your arms feel the next day. Whether you're looking to tone up or build, this will be a great for you!

If you're looking for personalised workouts yourself, click the link below to have a chat with me.

[Speak with Luke](#)

Chat soon,

Luke

