

Equipment:

Cable station, Dip Station, Kettlebell, Resistance band, Dumbbells, Physioball

Rest Time:

Varies based on the exercise - In general no more than 45 - 60 seconds

• Workout

• Instruxions

• GYM WORKOUT



- Watch
- TrackHISTORY

- **1: KNEELING CABLE PUSHDOWNS**
- SETS: 3
- REPS: 12
- Keep the elbows tight to the sides for maximal long head recruitment while alternating sides.



- Watch
- TrackHISTORY

- **2: "21" DIPS**
- SETS: 3
- REPS: 21 (7 at low, mid, and upper-range)
- Don't rush through the first 14 to ensure you can do the last 7! Make them all count!



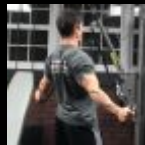
- [Watch](#)
- [TrackHISTORY](#)

- **3 : "X" TREME KB SKULLCRUSHERS**
- **SETS: 3**
- **REPS: 10-12**
- **Great way to incorporate overlapping strength curves! Hold two ends of a single dumbbell if you don't have access to a kettlebell.**



- [Watch](#)
- [TrackHISTORY](#)

- **4: HYPER PHYSIOBALL KICKBACKS**
- **SETS: 2**
- **REPS: 12**
- **Try to never let the elbows dip below the level of your torso throughout the exercise!**



- [Watch](#)
- [TrackHISTORY](#)

- **5: TRICEPS "X" PRESS**
- **SETS: 2**
- **REPS: To Failure**
- **Isolate the bend to the elbow if you can.**

PERFORM IN STRAIGHT SETS MAKING SURE TO CHOOSE WEIGHTS THAT CAUSE YOU TO REACH FATIGUE AT THE PRESCRIBED REP TOTAL

