

Equipment:

Tubing

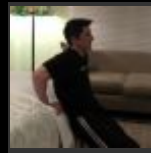
Rest Time:

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

- Workout

- Instruxions

- HOME WORKOUT



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

- **1: BACKUP DIPS**
- SETS: 3
- REPS: To Failure
- Don't just push straight up here but up AND back. It makes all the difference!



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

- **2: STANDING SKULL CRUSHERS**
- SETS: 3
- REPS: To Failure
- Don't worry if your reps drop off from set to set. The important thing is the intensity you bring to each and every set.



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

- **3: COBRA PUSHUPS**
- **SETS: 3**
- **REPS: To Failure**
- **You should be able to actually feel the peak contraction of the triceps at the end. Hold it!**



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

- **4: TRICEPS KICKBAX**
- **SETS: 3**
- **REPS: To Failure**
- **End the workout on a high note and resist the temptation to give in to the burn!**

PERFORM IN STRAIGHT SETS AND KEEP THE REST TIMES TO A MINIMUM (JUST ENOUGH TIME NEEDED TO CATCH YOUR BREATH!)