

## Cutting Triceps Routine

| Exercise  | Sets | Reps     |
|---|------|----------|
| Incline Lying Triceps Extension<br><i>superset with</i> | 3    | 10,12,15 |
| Dual Dumbbell Kickback                                  | 3    | 12,12,12 |
| Seated Overhead Dumbbell Extension                      | 3    | 10,12,15 |
| Rope Pressdown  | 2    | 12,12    |
| One-Arm Reverse-Grip Pressdown                          | 2    | 12,12    |
|   |      |          |
|   |      |          |