

# Home Workout For Triceps

Dips/ Overhead Extensions:

30 dips

30 1-weight overhead tricep extension

Alternating lunge jumps bringing back knee all the way down X 1 minute

25 dips, 25 extensions, squat jumps sitting low on your heels x 1 min.

20 dips, 20 extensions, 1 minute squat thrusts

Complete the following as fast as you can using good form:

1. 10 diamond jack push ups + 20 Jumping Jack touch-start down, legs wide.
2. 20 Mountain jumps (jump both feet forward to hands from hi plank position) + 20 Starburst jumps
3. 10 tricep push ups + 10 squat jumps out/in knees together=1 rep.
4. 40 Walking lunges (ea. leg) + 40 Mountain climbers (double count)
5. 100 run high knees + 10 Spider push ups

ABS:

50 Reverse Curl + 40 hi plank w/ hip lift,

40 four-count bicycles + 40 high plank knees across

30 Hello dolly +30 low plank step feet out/in

Skull crushers x 40

1 leg bridge x 40 down/up each side (keep toe of working leg up, cross ankle over opposite knee)

Cardio- 20 each: jump touch, squat thrust, knee ups each side, push ups, jumping jacks

Tricep kick backs from all 4's position x 30 each side

Still on all 4's-hold left leg out to side with inner thigh parallel to ground then kick leg forward from knee x 30 + 30 fire hydrants. Repeat right

Repeat above cardio in reverse order starting with jumping jacks x 15 reps.

Lat pull downs with leg extension (optional) x 20

Cool down and stretch

Well done!