



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

5 TRICEPS EXERCISES THAT YOU SHOULD BE DOING



YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.

HERE ARE THE EXERCISES:

01. [Close-Grip Bench Press](#)
02. [Dip](#)
03. [Dumbbell Overhead Triceps Press](#)
04. [Lying Triceps Extension \(Skullcrusher\)](#)
05. [Triceps Pushdown](#)

THE ULTIMATE TRICEPS WORKOUT

Do the following triceps workout once every 5 to 7 days for the next 8 weeks. Do that and get your diet right and your triceps will respond:

✓ Close-Grip Bench Press

Warm up and 3 sets of 4 – 6 reps

✓ Dip

3 sets of 4 – 6 reps (weighted if possible)

✓ Skullcrusher

3 sets of 4 – 6 reps

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

[Shop Supplements Here](#)

YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.