

The tricep covers the majority of your arm. Males want to fill out their sleeves. Females want to lose any flab and tone. This workout will focus primarily on the tricep while also hitting biceps for a pump that delivers more blood to the entire arm.

Arms 2	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1a	Titan Press	30 seconds between supersets	3 supersets	15	Elbows back. Half press.
1b	Modified Skull Crusher			15	Elbows in and back. Rotate at the top.
2	Incline Spider Curls	30 seconds	3 sets	15	Hold for a count or two at the top each rep
3	MTS Single Curl	30 seconds	3 sets	15	Face sideways and curl behind your ear
4	Rope Pushdown	30 seconds	3 sets	15	Go slow on both positive and negative and really control the reps. Lighter weight.
5	Straight Pushdown	30 seconds	3 sets	50	Drop Set. Lower the weight as you need to reach 50 reps each set.