



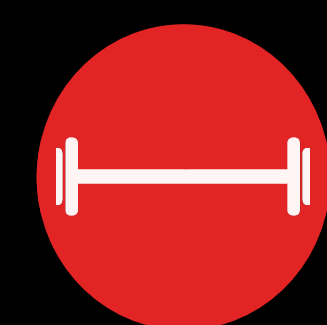
#HIITRAZE

14-DAY

TRICEP DEFINITION

WORKOUT CHALLENGE

Equipment:





PLAN INTRODUCTION

The 14 Days Tricep Definition Challenge for Men is a program designed to target the triceps specifically, with the goal of increasing muscle definition and tone in this area. This program is ideal for men who want to improve their arm strength and appearance, whether for personal satisfaction or for competition. The program consists of a series of exercises that progressively challenge the triceps and can be performed at home or in a gym setting. By following this program, participants can expect to see noticeable improvements in their tricep definition within just two weeks.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN



DAY 1

Tricep pushups: 3 sets x 10 reps
Overhead tricep extensions with dumbbell:
3 sets x 10 reps
Tricep dips: 3 sets x 10 reps
Close-grip pushups: 3 sets x 10 reps

DAY 2

Bench dips: 3 sets x 12 reps
Rope push downs: 3 sets x 12 reps
Skull crushers: 3 sets x 12 reps
Reverse grip push-downs: 3 sets x 12 reps

DAY 3

**REST
DAY**

DAY 4

Tricep kickbacks with dumbbell: 3 sets x 12
reps
Single arm cable pushdowns: 3 sets x 12 reps
Diamond pushups: 3 sets x 12 reps
Tricep rope extensions: 3 sets x 12 reps

DAY 5

Tricep dips with feet elevated: 3 sets x 10
reps
Overhead tricep extensions with rope: 3 sets
x 10 reps
Close-grip bench press: 3 sets x 10 reps
Tricep pushdowns with reverse grip: 3 sets x
10 reps

DAY 6

**REST
DAY**

DAY 7

Tricep kickbacks with dumbbell: 3 sets x 12
reps
Skull crushers: 3 sets x 12 reps
Single arm cable pushdowns: 3 sets x 12 reps
Diamond pushups: 3 sets x 12 reps

DAY 8

Tricep pushups: 3 sets x 10 reps
Overhead tricep extensions with dumbbell:
3 sets x 10 reps
Tricep dips: 3 sets x 10 reps
Close-grip pushups: 3 sets x 10 reps

DAY 9

**REST
DAY**

WORKOUT PLAN



DAY 10

Tricep rope extensions: 3 sets x 12 reps
Bench dips: 3 sets x 12 reps
Reverse grip pushdowns: 3 sets x 12 reps
Skull crushers: 3 sets x 12 reps

DAY 11

Tricep kickbacks with dumbbell: 3 sets x 12 reps
Single arm cable pushdowns: 3 sets x 12 reps
Close-grip bench press: 3 sets x 12 reps
Tricep dips with feet elevated: 3 sets x 10 reps

DAY 12

**REST
DAY**

DAY 13

Tricep pushups: 3 sets x 10 reps
Overhead tricep extensions with dumbbell:
3 sets x 10 reps
Rope pushdowns: 3 sets x 10 reps
Diamond pushups: 3 sets x 10 reps

DAY 14

Tricep dips: 3 sets x 10 reps
Reverse grip pushdowns: 3 sets x 10 reps
Tricep rope extensions: 3 sets x 10 reps
Skull crushers: 3 sets x 10 reps

Note: As always, make sure to adjust the weights and repetitions to suit your fitness level, and take breaks and rest days



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