brain.body.food.

helping you stay fit for life.

Beginner Fitness

BACK AND TRICEPS

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Pike Presses								
Pike Presses								
Chair Triceps Dips								
Chair Triceps Dips								
1 Minute Break								
Back Widow								
Back Widow								
Side Lying Triceps Extensions - Left Side								
Side Lying Triceps Extensions - Right Side								
Side Lying Triceps Extensions - Left Side								
Side Lying Triceps Extensions - Right Side								
1 Minute Break								
Superman (or Superwoman!)								
Superman (or Superwoman!)								
Dynamic Tension Skull Crusher Tricep Extensions								
Dynamic Tension Skull Crusher Tricep Extensions								