

## Chest & Triceps



<b>Workout Routine #2</b>		<b>Date:</b>			<b>Date:</b>		
<b>Ex.#</b>	<b>Exercise</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>Sets</b>
1	EZ Bar Triceps Extensions						
2	Bench Press Standard grip						
3	One arm Tricep Extensions						
4	Wide stance push ups, feet together - <b>Max Reps</b>						
5	Side Tricep rise - <b>Max Reps</b>						
6	Incline Dumbell Press						