

Spring Body Tricep Burn

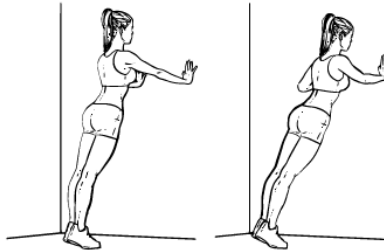


180 / Twisting Jump Squats



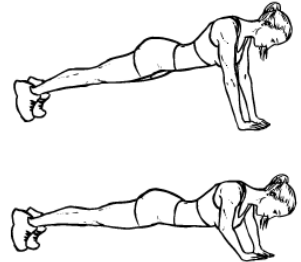
60 secs

Wall Push-Ups / Pushups / Standing Press Ups



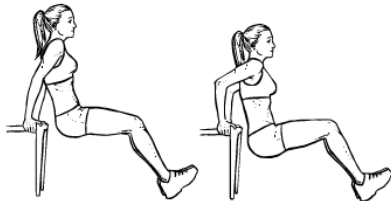
12 reps

Diamond / Pyramid / Triceps Push-ups / Pushups



As many as you can

Chair / Bench Tricep Dips



12 reps

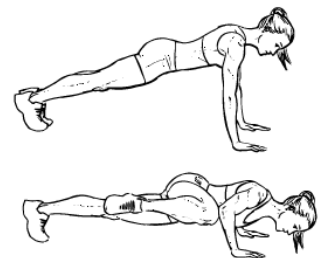
Overhead Triceps Stretch



20 secs

Each Side

Spiderman Push-ups / Pushups



As many as you can until fatigue.

Knee-to-Chest Lower Back Stretch



20 secs

Each Side

Shoulder Stretch



20 secs

Each side

Supine Lying Down Position / Corpse Pose



60 secs