

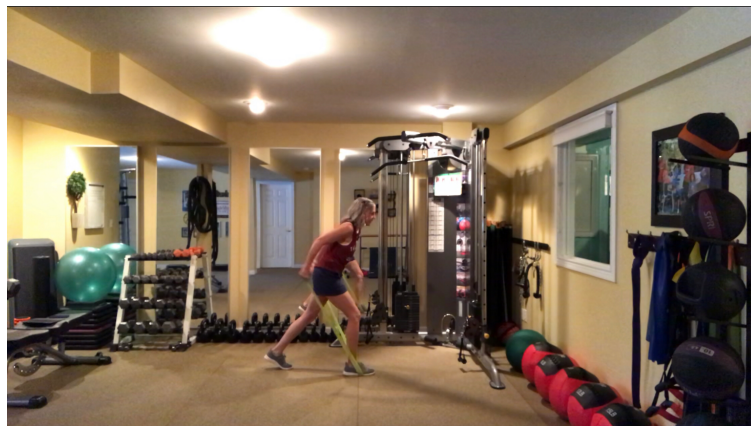
High Rep Triceps Workout



Lying triceps extension



Standing triceps extension



Triceps kickbacks