

1.	Close Grip Diamond Pushups	15-20 Reps
2.	Triceps Push-Down	8 Reps * 3 Sets
3.	Overhead Triceps Presses	8 Reps * 3 Sets
4.	Triceps Kickback	8 Reps * 3 Sets
5.	Concentration Curls	12 Reps * 3 Sets
6.	Dumbbell Curls	12 Reps * 3 Sets
7.	Hammer Curls	12 Reps * 3 Sets
8.	Barbell Curls	12 Reps * 3 Sets