



### It's Tricky: RUN-DMC

This is an ETM style tricep track suitable for use with dumbbells. Please remember that this is an intense track so you will need to use lighter weights as there are a lot of repetitions. Ensure that you give adequate rest when needed and that you cater to the needs and fitness levels of your clients.

Equipment required: Dumbbells/Barbells, Step & Mat

<b>Time</b>		<b>Exercise</b>	<b>Repeats</b>	<b>Counts</b>
0:15	<b>A</b>	<b>Tricep Dips</b>	x7	32
0:30	<b>B</b>	<b>Overhead Tricep Extension</b>	x7	32
0:45	<b>A</b>	<b>Tricep Dips</b>	x7	32
1:01	<b>B</b>	<b>Overhead Tricep Extension</b>	x7	32
1:17	<b>A</b>	<b>Tricep Dips</b>	x15	64
1:46	<b>B</b>	<b>Overhead Tricep Extension</b>	x15	64
2:14	<b>A</b>	<b>Tricep Dips</b>	x7	32
2:33	<b>B</b>	<b>Overhead Tricep Extension</b>	x7	32
2:50	<b>C</b>	<b>Tricep Press-Ups</b>	x15	64