

"Train with your brain"

-Dr. Warren Willey

TRICEPS - Burnouts

Method: Post Exhaustion (Burnouts)

Post-exhaustion sets involve performing low repetition, heavy weight sets, followed immediately by high repetition, light weight sets. This can be done with the same exercise (example #1) or with two different exercises (example #2). There is minimal to no rest between the heavy and light phase of the set. Rest between sets is moderate to long, again, for recovery. Example #1: Squats – Heavy set doing 4 to 6 reps followed immediately by squats with a lighter weight, 12 – 15 reps. Example #2: Squats – Heavy set doing 4 – 6 reps, followed by leg extensions, moderate weight, 12 – 15 reps

Table:

Weight = Light - last few reps easy

Moderate - Last reps difficult

Heavy - Last reps need a spot

Time-Reps/rest =

Coutns on positive and negative and then tiem in seconds of rest between sets. 2-4/45 is two count positive movement, four count negative movement with 45 seconds rest between sets.

<u>Exercise</u>	Weight Used	Grip/Stance	Bench Angle	Seat Position	<u>Appendage</u>	<u>Sets</u>	<u>Reps</u>	Weight	TIME - REPS / REST		
Close Grip Flat Press		Close Grip (Hands / Elbows / Feet / Toes In)			Both Arms/Legs	3	10	Heavy	2	2	15
Close Grip Flat Press		reet / Toes III)			Both Arms/Legs	3	10	пеачу			15
Kick Backs DB		Neutral Grip (DB)			Both Arms/Legs	3	30	Heavy	2	2	120
Daclina Lying Extensions BAD		Wide Grip (Hands / Elbows / Feet / Toes Out)			Both Arms/Legs	3	8	Hoose	2	2	15
Decline Lying Extensions BAR		reet / Toes Out)			both Anns/Legs	3	٥	Heavy			13
Reverse Push Downs CABLE		Reverse Grip Close			Both Arms/Legs	3	30	Light/Moderate	1	1	120
	1	1		1	I	l		1			