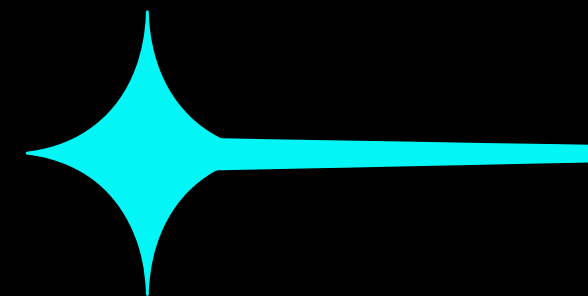




# ***BICEP*** ***WORKOUT***



***BICEP WORKOUT***

***PLAN 1***





## **BICEP WORKOUT**

**AUTHOR:** BRANDON B

**TRAINING LEVEL:** INTERMEDIATE

**WORKOUT DURATION:** 1 DAY

### WORKOUT NOTES:

\*\*We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your “working” sets.\*\*

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Dumbbell Single Arm Preacher Curl	3	7, 7, 12	2110	2 Min	
Barbell Bicep Curl	2	10	2010	2 Min	
Dumbbell Incline Hammer Curl	2	12	2110	2 Min	
Barbell Reverse Curl	2	15	2010	2 Min	