

● Incline Curls

Lie back on an incline bench and hold a dumbbell in each hand. Slowly curl the weight in your left hand as if to touch it to your left shoulder. While you are curling the dumbbell, slowly turn (i.e., supinate) your wrist outward so that your thumb points away from your body. Squeeze your bicep at the top of the movement for a one-count and then slowly return to the start position and repeat with your right arm



● Reverse Grip Barbell Curls

Grab a relatively light barbell and use an overhand grip. Keep your elbows tucked in, but push them back behind you. Curl the barbell up keeping it in contact with your torso, so as to drag it up and over your torso. Slowly return to the start position and repeat.

● Machine Curls

Seat yourself on the pad keep in mind to adjust it to your specific fit, otherwise it will make the curl more strenuous than it has to be. Get a firm grip on the handles. Remember to plant feet flat on the floor. Then steadily bend your elbows as far as you can, then slowly straighten your elbows, then just before you hit a fully straight position stop, then repeat.



Wednesdays after Back Workout

Fridays Bicep Workout

Printable BICEP ROUTINE

● Dumbbell Curls

1st set - 10 reps, 2nd set - 8 reps, 3rd set - 6 reps, 4th set - 8 reps

● Preacher Curls

1st set - 10 reps, 2nd set - 8 reps, 3rd set - 6 reps, 4th set - 8 reps

● Barbell Curls

1st set - 10 reps, 2nd set - 10 reps, 3rd set - 8 reps, 4th set - 8 reps

● High Cable Curls

1st set - 10 reps, 2nd set - 10 reps, 3rd set - 8 reps, 4th set - 8 reps

● Incline Dumbbell Curls

1st set - 10 reps, 2nd set - 10 reps, 3rd set - 8 reps, 4th set - 8 reps

● Reserve Grip Barbell Curls

1st set - 10 reps, 2nd set - 10 reps, 3rd set - 8 reps, 4th set - 8 reps

● One Arm Dumbbell Preacher Curls

1st set - 10 reps, 2nd set - 10 reps, 3rd set - 8 reps, 4th set - 8 reps