

# SAMPLE BICEPS WORKOUT

*Perform 12 to 15 total sets*

EXERCISE	SETS	REPS
BARBELL CURL	3-4	8-12
CLOSE-GRIP EZ BAR PREACHER CURL	3-4	8-12
SEATED ALTERNATE INCLINE DUMBBELL CURL	3-4	8-12
STANDING OVERHEAD BICEPS CABLE CURL	3-4	8-15