

Best Bicep Workout

Weeks 1, 2 & 3

2 times per week

Biceps	Sets	Reps
standing barbell curl	2	6
preacher curl	3	8 to 10
alternating incline hammer curl	3	10/side
cable curl	3	12

Weeks 4, 5 & 6

2 times per week

Biceps	Sets	Reps
wide-grip standing barbell curl	3	8 to 10
one-arm seated dumbbell curl	3	12/side
one-arm dumbbell preacher curl	4	10/side
bicep machine curl	4	12

Weeks 7, 8 & 9

2 times per week

Biceps	Sets	Reps
SUPER SET close-grip EZ-bar curl	4	12
seated hammer curl	4	12
SUPER SET incline bench dumbbell curl	4	12
concentration curl	4	12 to 14
SUPER SET barbell preacher curl	3	10 to 12
close-grip cable curl	3	12

Notes

Exercise Notes

SUPER SET **Supersets** are performed with NO REST in between sets of any given two-exercise routine. As soon as you finish a set of one exercise move quickly to the next exercise and do a set of the second exercise. After this you can rest and then repeat the superset cycle again until you go through the entire sequence (number of sets).