

Bicep Workouts

Bulk-Up Phase		
Weeks 1 to 5	Sets	Reps
barbell preacher curl	3	6 to 8
close-grip standing barbell curl	3	6 to 8
incline bench hammer curl	3	8
seated dumbbell curls	3	8
Weeks 6 to 10	Sets	Reps
wide-grip standing barbell curl	2	6
incline bench dumbbell curl	3	6
chin-ups	3	6
alternating standing hammer curl	3	8

Muscle Definition Phase		
Weeks 1 to 5	Sets	Reps
alternating seated dumbbell curls	4	12/side
bicep machine curl	4	12 to 14
rope cable curl	4	12 to 14
seated hammer curl	4	10 to 12
Weeks 6 to 10	Sets	Reps
SUPER alternating incline hammer curls	5	12/side
SET barbell concentration curl	4	12 to 14
SUPER close-grip cable curl	5	12 to 14
SET rope cable curl	4	12 to 14
concentration curls	4	12/side

Notes: Supersets are performed with NO REST in between sets of any given two-exercise (sometimes three) 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).