

# BICEP WORKOUT



## The workout:

- 4 Exercises / 3 sets / 12-15 reps each exercise
- Rest 60-90s between sets
- After the last set of each exercise, do a burnout set.  
You will half the weight, and go to failure!
- Click each exercise for video demonstrations for good form. Pick sensible weights

Exercise	Sets	Reps	Rest	Notes
<b><u>1. Cable Curl</u></b>	3	12-15	60-90s	Finish set 3 - half the weight then go to failure
<b><u>2. Dumbbell Hammer Curl</u></b>	3	12-15	60-90s	-
<b><u>3. Barbell Curl</u></b>	3	12-15	60-90s	-
<b><u>4. Cable Hammer Curl</u></b>	3	12-15	60-90s	Finish set 3 - half the weight then go to failure

I hope you enjoy the workout! Give it a try and see how your arms feel the next day. Whether you're looking to tone up or build, this will be a great for you!

If you're looking for personalised workouts yourself, click the link below to have a chat with me.

[Speak with Luke](#)

Chat soon,

Luke

