

Biceps

Friday • Biceps Workout

60-90 min/session | 5-6 days/week | 3-5 sets/exercise | 6-12 reps compound, 10-15 reps isolation

Rest: 60-90 sec (isolation) / 2-3 min (compound)

#	EXERCISE	SETS x REPS
1	Barbell Curl	4 x 8-10
2	Incline Dumbbell Curl	3 x 10-12
3	Hammer Curl	3 x 12

TRAINER RECOMMENDATIONS

- Lift heavy with strict form
- Prioritize compound movements
- Eat enough protein: 1.6-2.2 g per kg of body weight
- Sleep 7-9 hours every night
- Track every workout and progress every week