

## *3 Peak Bicep Workouts*

### **Exercise One: Preacher Curls**

Set 1: 12 Reps

Set 2: 10 Reps

Set 3: 8 Reps

Set 4: 8 Reps

Description: Sit on preacher bench placing back of arms on pad. Grasp curl bar with shoulder width underhand grip. Raise bar until forearms are vertical. Lower barbell until arms are fully extended. Repeat.

### **Exercise Two: Concentration Curls**

Set 1: 10 Reps each arm

Set 2: 10 Reps each arm

Set 3: 10 Reps each arm

Set 4: 10Reps each arm

Description: Sit on bench. Grasp dumbbell between feet. Place back of upper arm to inner thigh. Lean into leg to raise elbow slightly. Raise dumbbell to front of shoulder. Lower dumbbell until arm is fully extended. Repeat. Continue with opposite arm.

### **Exercise 3: Reverse Curls**

Set 1: 12 Reps

Set 2: 10 Reps

Set 3: 10 Reps

Set 4: Burnout (continue doing reps until failure)

Description: Grasp bar with shoulder width over hand grip. With elbows to side, raise bar until forearms are vertical. Lower until arms are fully extended. Repeat

**This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program.**