

Exercise

Base Prescription

Day 1:

Day 2:

Day 3:

Bicep curl



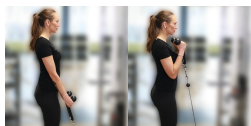
Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	90.0	10						
Rest		30						
2	90.0	10						
Rest		30						
3	90.0	10						
Rest		30						
4	90.0	10						

Bicep curl (low grip) with Cable Machine



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	70.0	10						
Rest		30						
2	70.0	10						
Rest		30						
3	70.0	10						
Rest		30						
4	70.0	10						

Bicep curl (low grip) with Cable Machine



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	60.0	8						
Rest		30						
2	60.0	8						
Rest		30						
3	60.0	8						
Rest		30						
4	60.0	8						

Concentrated Bicep Curl with Dumbbell



Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	35.0	10						
Rest		30						
2	35.0	10						
Rest		30						
3	35.0	10						
4	35.0	10						