



## **BICEP MASTERCLASS**

This bicep program consists of two routines that should be completed on alternately each bicep session. Aim to keep the weight moderate and consistent whilst retaining isolation and form.

### **WORKOUT 1**

#### **WARM UP & MOBILITY**

**10 MINUTES ROWING MACHINE UNDERHAND GRIP**

#### **RESISTANCE TRAINING**

**ALTERNATE DUMBBELL CURLS 12-15REPS X 3 SETS**

**DUAL ARM HAMMER CURLS 12-15 REPS X 3 SETS**

**SPIDER CURLS 12-15 REPS X 3 SETS**

**ZOTTMAN CURLS 3 SETS OF 21'S**

**SNIPER CURLS SUPINATED GRIP (BAR) 12-15 REPS X 3 SETS**

#### **COOLDOWN**

**10 MINUTES ROWING MACHINE OVERHAND GRIP**

### **WORKOUT 2**

#### **WARM UP & MOBILITY**

**10 MINUTES ROWING MACHINE UNDERHAND GRIP**

#### **RESISTANCE TRAINING**

**STANDING BARBELL CURLS 12-15REPS X 3 SETS**

**DECLINE HAMMER CURLS 12-15 REPS X 3 SETS**

**DUAL INCLINE DUMBBELL CURLS 12-15 REPS X 3 SETS**

**SNIPER CURLS NEUTRAL GRIP (ROPE) 3 SETS OF 21'S**

**SAUCER CURLS 12-15 REPS X 3 SETS**

#### **COOLDOWN**

**10 MINUTES ROWING MACHINE OVERHAND GRIP**