

## BICEP WORKOUT

*For each exercise pictured, allow 90 SECONDS REST BETWEEN SETS*

**HAMMER CURL: SITTING  
OR STANDING - 2 SETS, 15  
REPS**



- 1.) SIT ON UPRIGHT BENCH, BACK STRAIGHT, KNEES BENT
- 2.) GRASP DUMBBELLS WITH DUMBBELLS PARALLEL TO YOUR BODY
- 3.) START WITH DUMBBELLS RESTING AT YOUR SIDE, ARMS STRAIGHT, NOT LOCKED
- 4.) KEEP ELBOWS AT SIDE OF BODY THROUGH OUT MOTION
- 5.) RAISE DUMBBELLS TOWARDS SHOULDERS, PAUSE AND LOWER TO START POSTION
- 6.) DO NOT SWAY

- 1.) GRIP BAR IN LOWER POSTION, HANDS SHOULDER WIDTH APART
- 2.) KNEES BENT, BACK STRAIGHT
- 3.) BEND ARMS, PULLING UPWARDS AND INWARDS TOWARDS CHEST
- 4.) PAUSE, SLOWLY LOWER BAR
- 5.) MAKE SURE YOU UTILIZE FULL RANGE OF MOTION. DON'T MOVE YOUR ELBOWS.

***ARM CURL: EASY CURL  
BAR - 2 SETS, 12 REPS***



***DUMBBELL BICEP CURL:  
SITTING OR STANDING - 2  
SETS, 12 REPS***



- 1.) SIT ON UPRIGHT BENCH, BACK STRAIGHT, KNEES BENT
- 2.) GRASP DUMBBELLS, PALM UP
- 3.) START- DUMBBELLS RESTING AT YOUR SIDE, ARMS STRAIGHT, NOT LOCKED
- 4.) KEEP ELBOWS AT SIDE OF BODY THROUGHOUT MOTION
- 5.) RAISE DUMBBELLS TOWARDS SHOULDER, PAUSE AND LOWER TO START POSTION
- 6.) DO NOT SWAY

- 1.) GRIP DUMBBELL IN HAND, ELBOW ON INNER THIGH
- 2.) START-ARM EXTENDED, RAISE TOWARDS SHOULDER
- 3.) PAUSE-RETURN TO STARTING POSITION
- 4.) BODY POSTION-STIFF AND RELAXED, NEVER THRUST, SWAY OR JERK CREATING MOMENTUM IN ORDER TO COMPLETE MOTION

***DUMBBELL  
CONCENTRATION CURL - 2  
SETS, 12 REPS***



***BICEP CURL USING ROPES  
- 2 SETS, 12 REPS***



- 1.) GRIP ROPE IN LOWER POSITION, HANDS SHOULDER WIDTH APART
- 2.) BACK STRAIGHT, KNEES SLIGHTLY BENT
- 3.) BEND ARMS PULLING ROPE UPWARD AND INWARD TOWARDS CHEST
- 4.) HANDS START TOGETHER, GO UP AND OUT
- 5.) MAKE SURE YOU UTILIZE FULL RANGE OF MOTION. DON'T MOVE YOUR ELBOWS.

- 1.) GRIP BAR IN LOWER POSITION  
HANDS SHOULDER  
WIDTH APART,  
PALMS FACING  
DOWN
- 2.) BACK STRAIGHT,  
KNEES SLIGHTLY  
BENT
- 3.) BEND ARMS  
PULLING UPWARDS  
AND INWARDS  
TOWARDS CHEST
- 4.) PAUSE SLOWLY  
THEN LOWER BAR
- 5.) MAKE SURE YOU  
UTILIZE FULL  
RANGE OF MOTION.  
DON'T MOVE YOUR  
ELBOWS.

### *REVERSE GRIP BICEP CURL - 2 SETS, 12 REPS*



### *SINGLE ARM CABLE CURL - 2 SETS, 12 REPS*



- 1.) START-  
HANDLE  
SHOULDER  
HEIGHT, ARM  
EXTENDED
- 2.) PALM UP, GRIP  
HANDLE PULL  
TOWARDS HEAD  
AS FAR AS YOU  
CAN
- 3.) PAUSE  
SLOWLY RETURN  
TO START  
POSITION
- 4.) BACK  
STRAIGHT,  
KNEES SLIGHTLY  
BENT
- 5.) BODY  
POSITION-STIFF  
AND RELAXED,

NEVER THRUST,  
SWAY OR JERK  
DUMBBELLS  
CREATING  
MOMENTUM  
6.) MAKE SURE  
YOU UTILIZE FULL  
RANGE OF  
MOTION. SWITCH  
ARMS

- 1.) GRIP THE HANDLE PALM UP
- 2.) BEND ARM PULLING UPWARDS AND INWARDS TOWARDS CHEST, SLOWLY LOWER
- 3.) BACK STRAIGHT, KNEES SLIGHTLY BENT THROUGH OUT MOTION
- 4.) BODY POSITION- STIFF AND RELAXED, NEVER THRUST, SWAY OR JERK CREATING MOMENTUM
- 5.) MAKE SURE YOU UTILIZE FULL RANGE OF MOTION. SWITCH ARMS

*SINGLE ARM BICEP CURL -  
2 SETS, 12 REPS*

***STRAIGHT BAR BICEP  
CURL - 2 SETS, 12 REPS***



- 1.) GRIP BAR, HANDS SHOULDER WIDTH APART
- 2.) PALMS FACING UP
- 3.) BEND ARMS PULLING UPWARDS AND INWARDS TOWARDS CHEST, SLOWLY LOWER
- 4.) BACK STRAIGHT, KNEES SLIGHTLY BENT
- 5.) BODY POSITION-STIFF AND RELAXED, NEVER THRUST, SWAY OR JERK STRAIGHT BAR CREATING MOMENTUM
- 6.) MAKE SURE YOU UTILIZE FULL RANGE OF MOTION. SWITCH ARMS

- 1.) GRIP BAR, HANDS SHOULDER WIDTH APART
- 2.) PALMS FACING DOWN
- 3.) BEND ARMS PULLING UPWARDS AND INWARDS TOWARDS CHEST, SLOWLY LOWER
- 4.) BACK STRAIGHT, KNEES SLIGHTLY

***REVERSE GRIP STRAIGHT  
BAR CURL - 2 SETS, 12  
REPS***

BENT

- 5.) BODY POSITION- STIFF AND RELAXED, NEVER THRUST, SWAY OR JERK STRAIGHT BAR CREATING MOMENTUM
- 6.) MAKE SURE YOU UTILIZE FULL RANGE OF MOTION. SWITCH ARMS



*INCLINE DUMBBELL CURL -  
2 SETS, 12 REPS*



- 1.) SIT WITH BACK FLAT AGAINST AN INCLINE BENCH
- 2.) GRIP DUMBBELLS SO THE "HEADS" ARE FACING FORWARD
- 3.) START WITH DUMBBELLS AT YOUR SIDE, ARMS EXTENDED
- 4.) ELBOWS AGAINST YOUR SIDE THROUGH OUT THE ENTIRE MOTION
- 5.) ROTATE HAND PALM FACING UP
- 6.) RAISE ARM TOWARDS CHEST UNTIL IT WILL NOT RAISE ANYMORE WITHOUT MOVING YOUR ELBOWS

7.) BODY  
POSITION-STIFF  
AND RELAXED,  
NEVER THRUST,  
SWAY OR JERK  
DUMBBELLS  
CREATING  
MOMENTUM

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