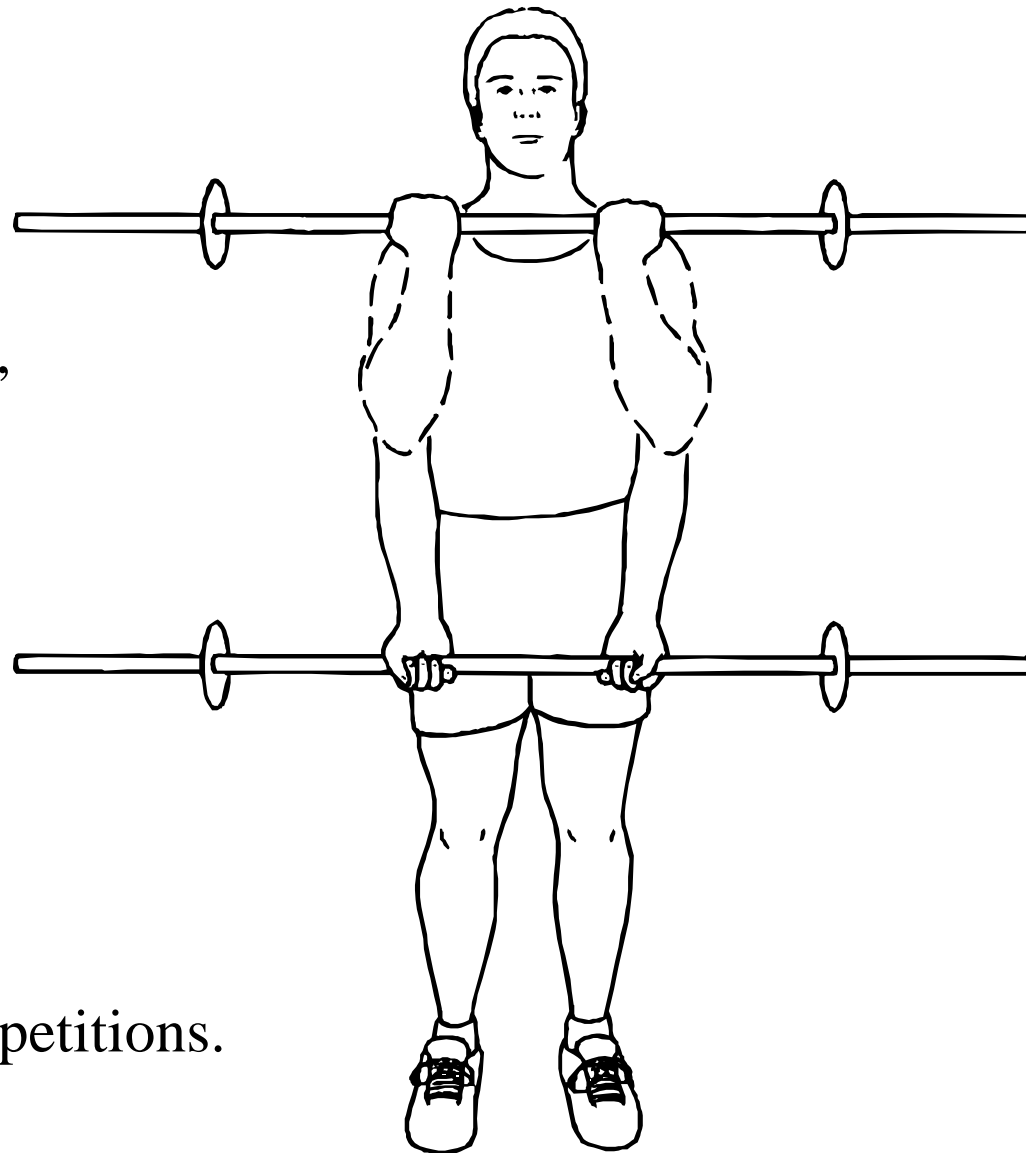


ARMS: BICEPS - 1 Curl: Standing – Narrow Grip (Barbell)

Knees slightly bent,
curl arms
toward shoulders.

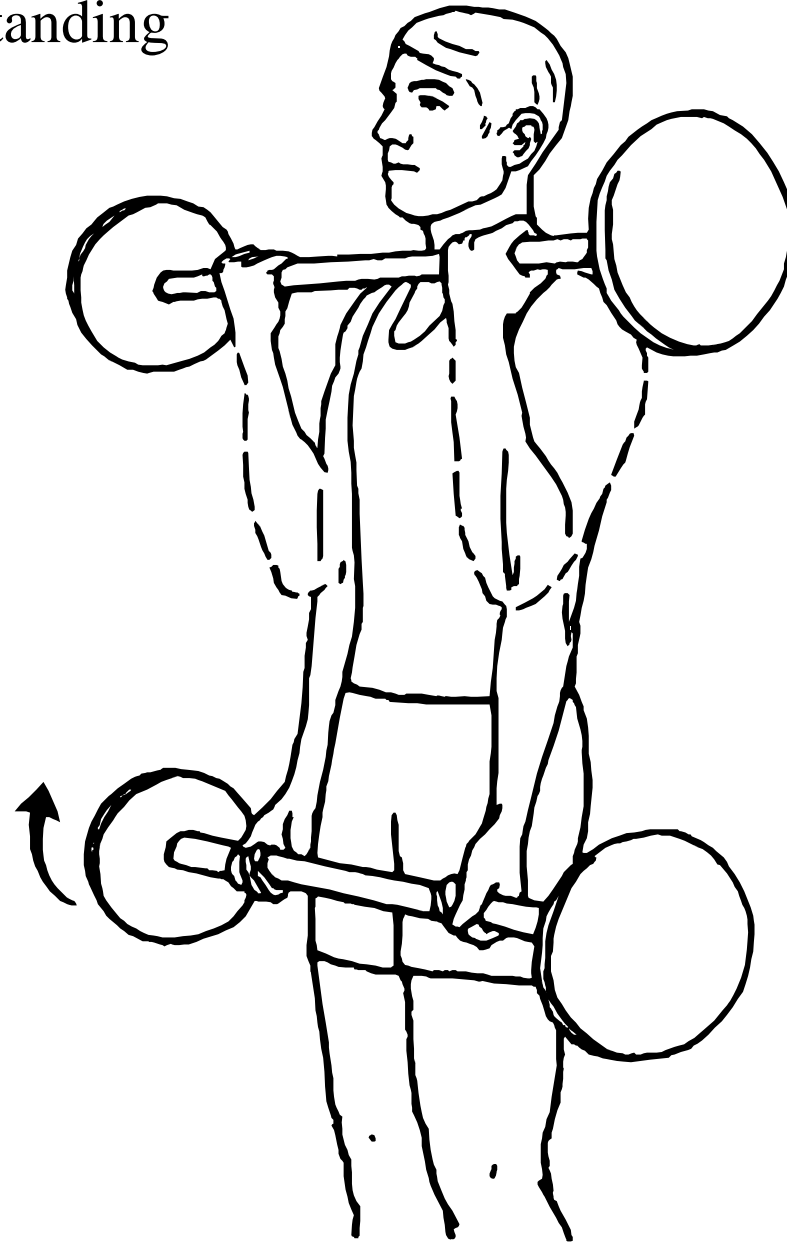


Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 2 Curl: Standing Medium Grip (Barbell)

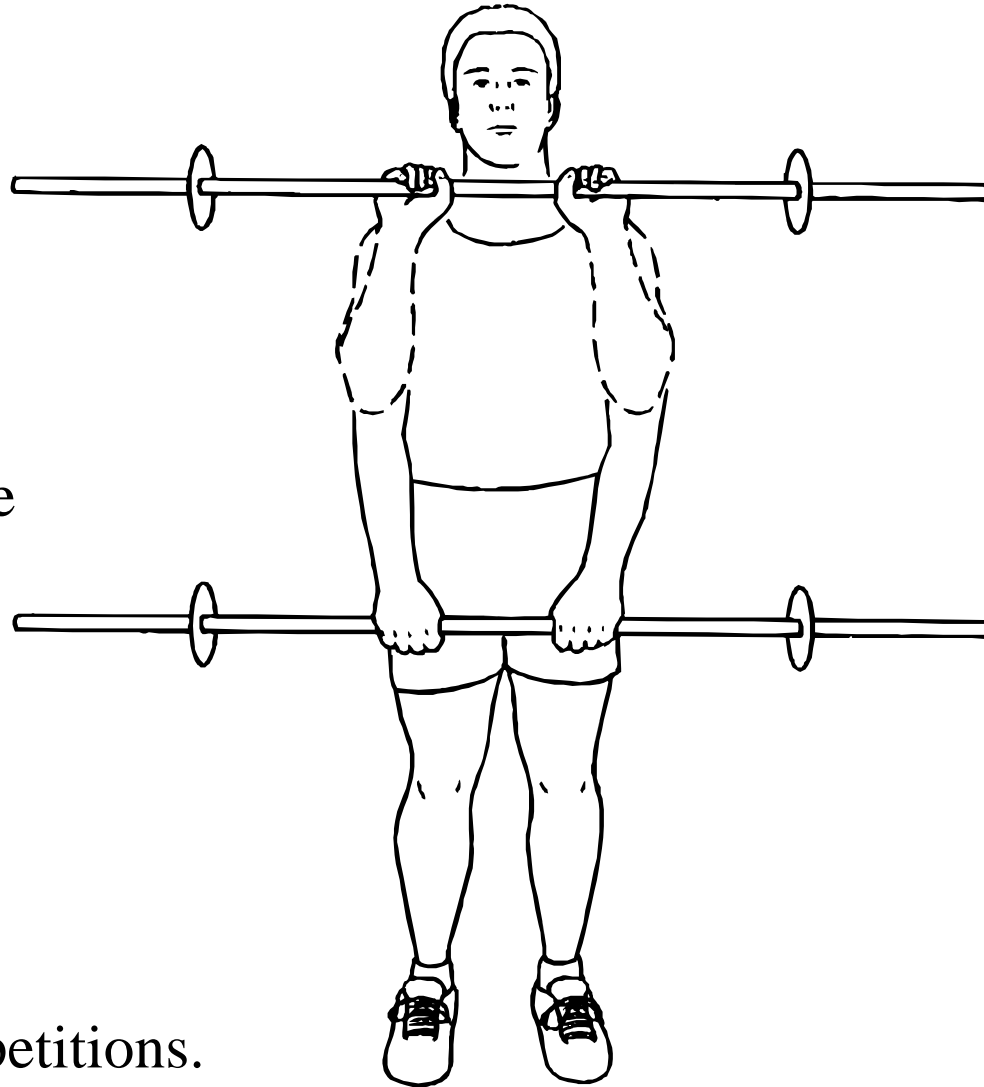
Knees slightly bent,
curl arms toward
shoulders.

Do _____ sets.
Complete _____ repetitions.



ARMS: BICEPS - 3 Curl: Standing – Narrow Reverse Grip (Barbell)

Knees slightly bent,
using narrow reverse
grip, curl arms
toward shoulders.

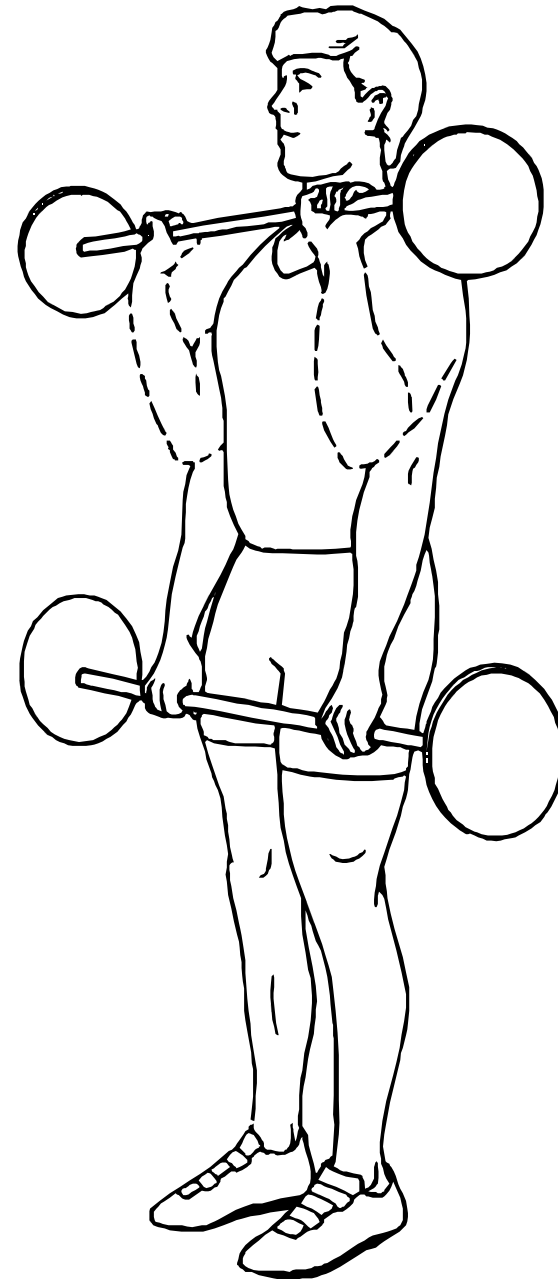


Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 4 Curl: Standing Medium Reverse Grip (Barbell)

Knees slightly bent,
using medium reverse
grip, curl arms
toward shoulders.

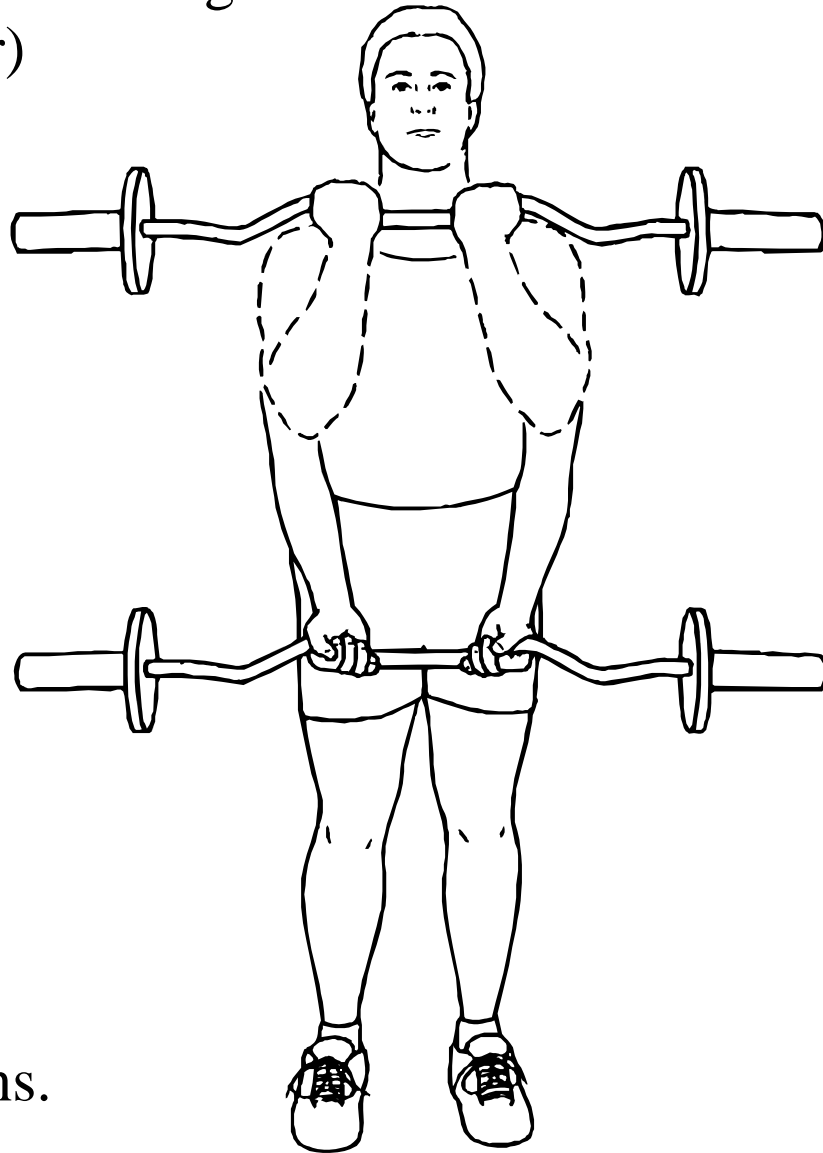
Do _____ sets.
Complete _____ repetitions.



ARMS: BICEPS - 5 Curl: Standing Narrow Grip (EZ Curl Bar)

Knees slightly bent,
curl arms toward
shoulders.

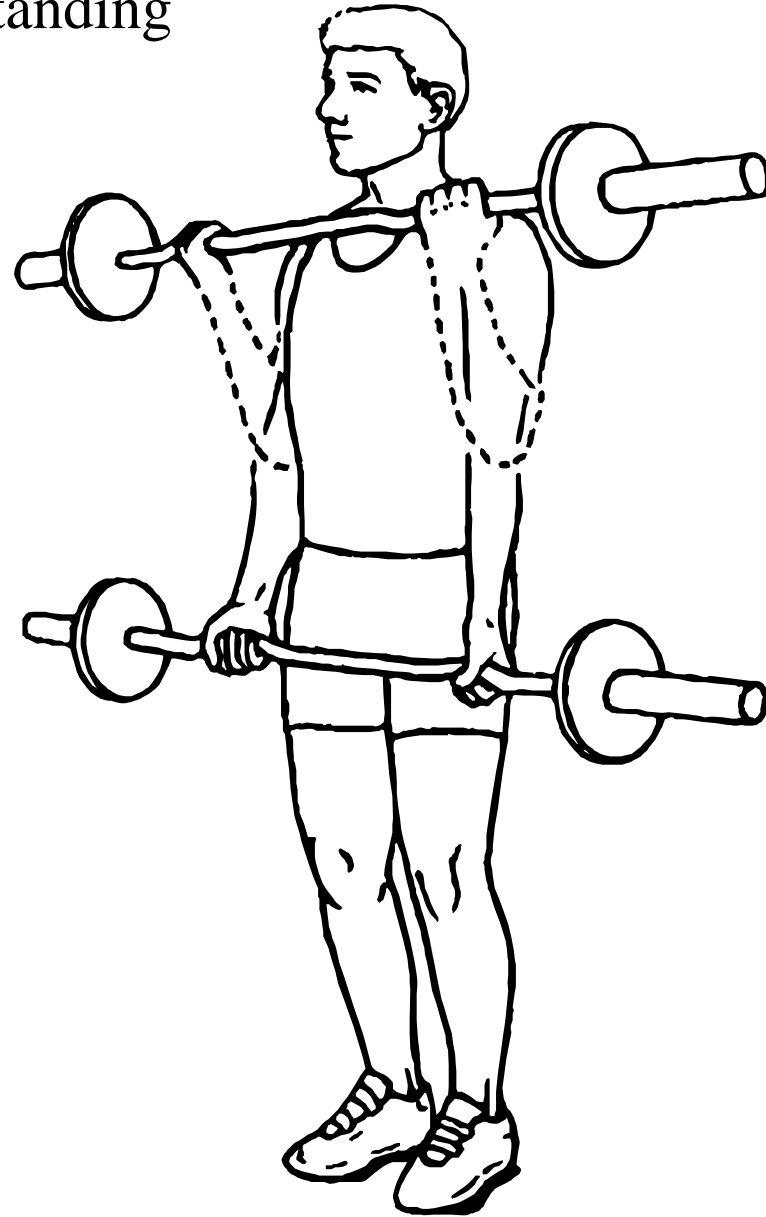
Do _____ sets.
Complete _____ repetitions.



ARMS: BICEPS - 6 Curl: Standing Medium Grip (EZ Curl Bar)

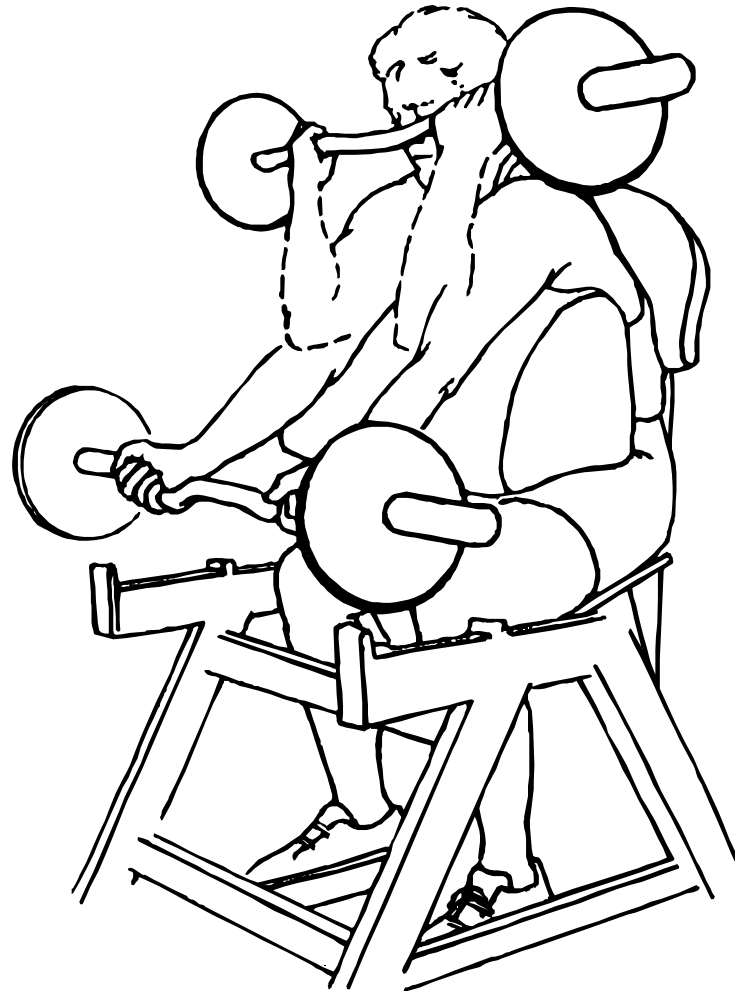
Knees slightly bent,
curl arms toward
shoulders.

Do _____ sets.
Complete _____ repetitions.



ARMS: BICEPS - 7 Curl: Sitting – Medium Grip (Preacher Bench, EZ Curl Bar)

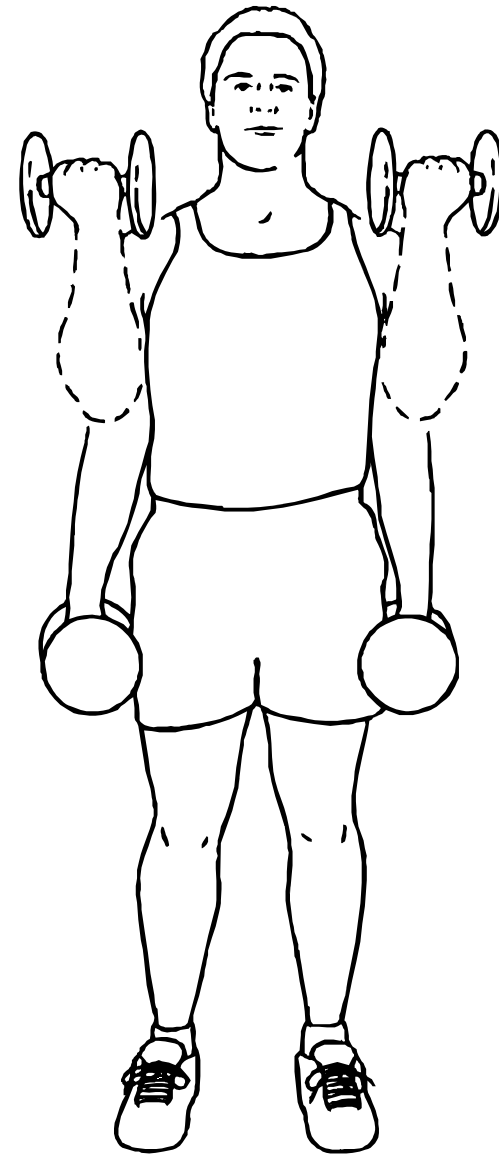
Curl arms
toward shoulders.



Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.

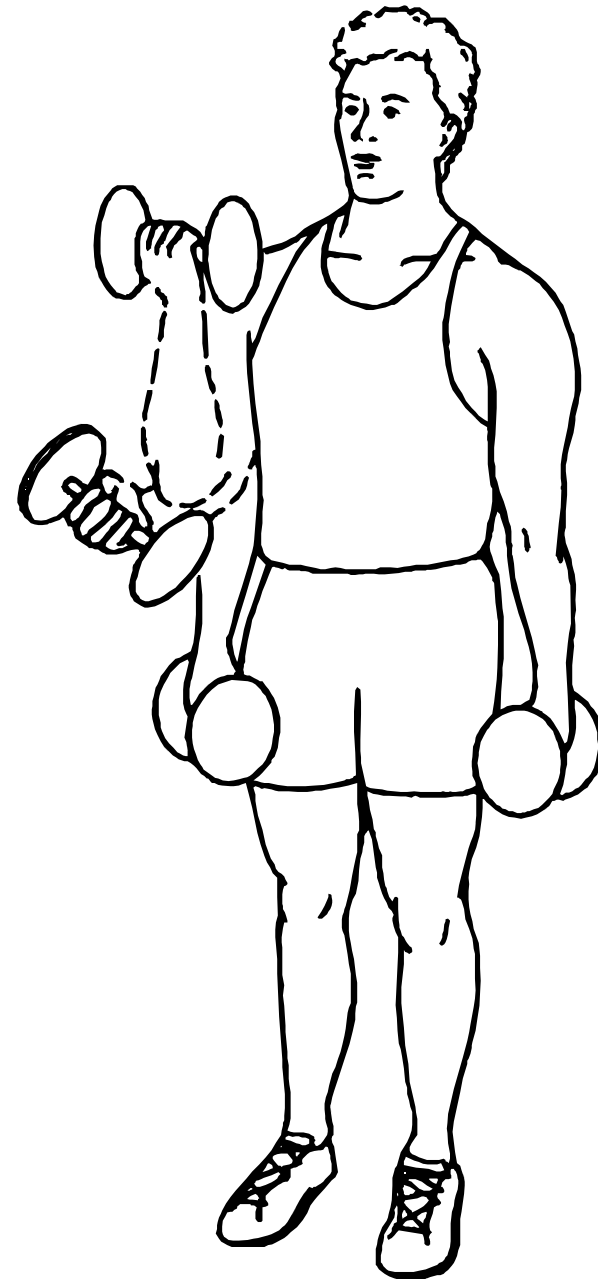


Do _____ sets.

Complete _____ repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.



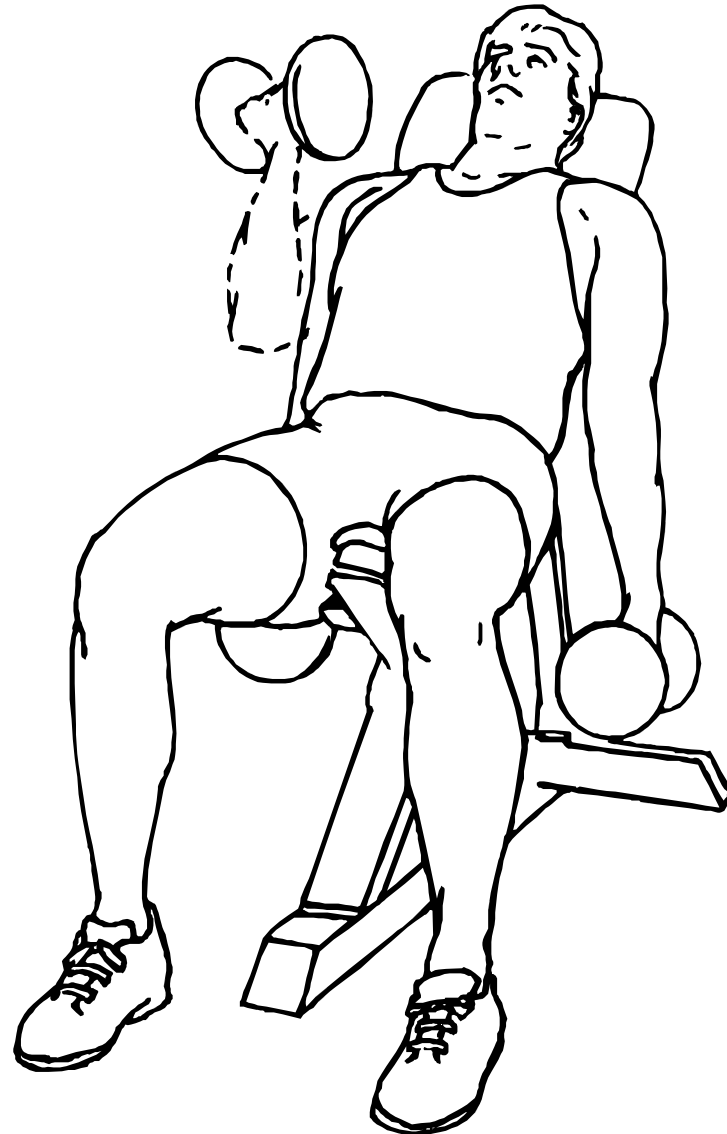
Do _____ sets.

Complete _____ repetitions.

ARMS: BICEPS - 10 Curl: Sitting Incline, Alternating (Dumbbell)

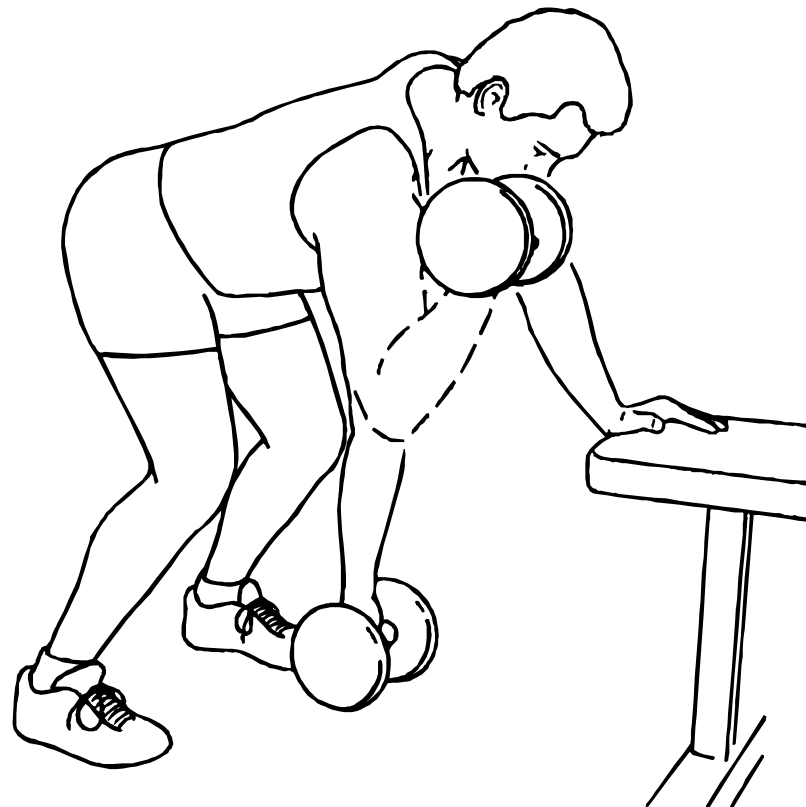
Hold weights at sides, palms in. Curl arm toward shoulder, rotating to palm up while beginning curl. Alternate arms.

Do _____ sets.
Complete _____ repetitions.



ARMS: BICEPS - 11 Curl: Standing Single Arm, Concentration (Dumbbell)

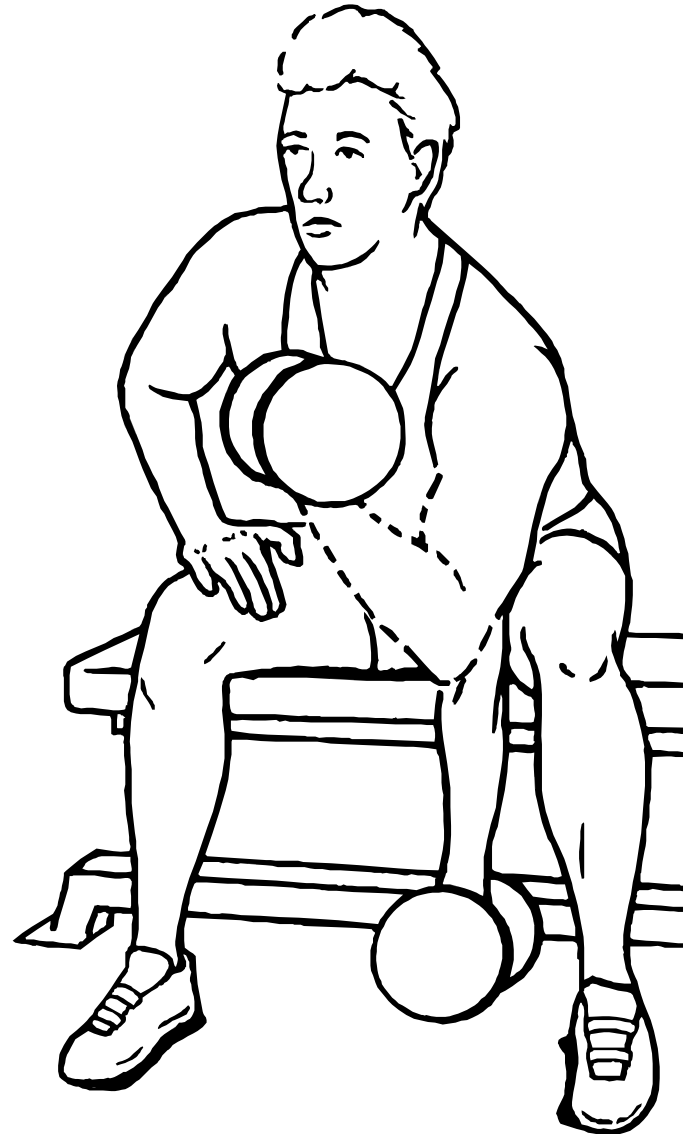
Curl arm
to shoulder,
keeping
upper arm
perpendicular
to floor.



Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 12 Curl: Sitting Single Arm, Concentration (Dumbbell)

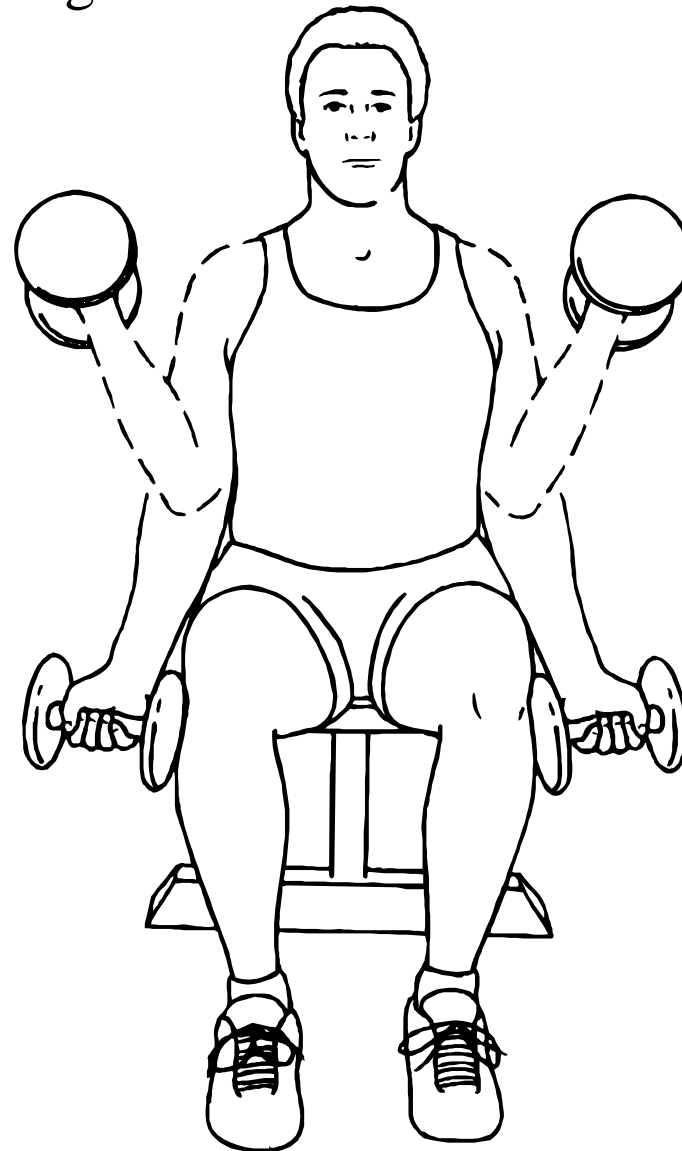
Curl arm toward shoulder,
bracing upper arm against
inner thigh and keeping upper
arm perpendicular to floor.



Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 13 Curl: Sitting Inner Biceps (Dumbbell)

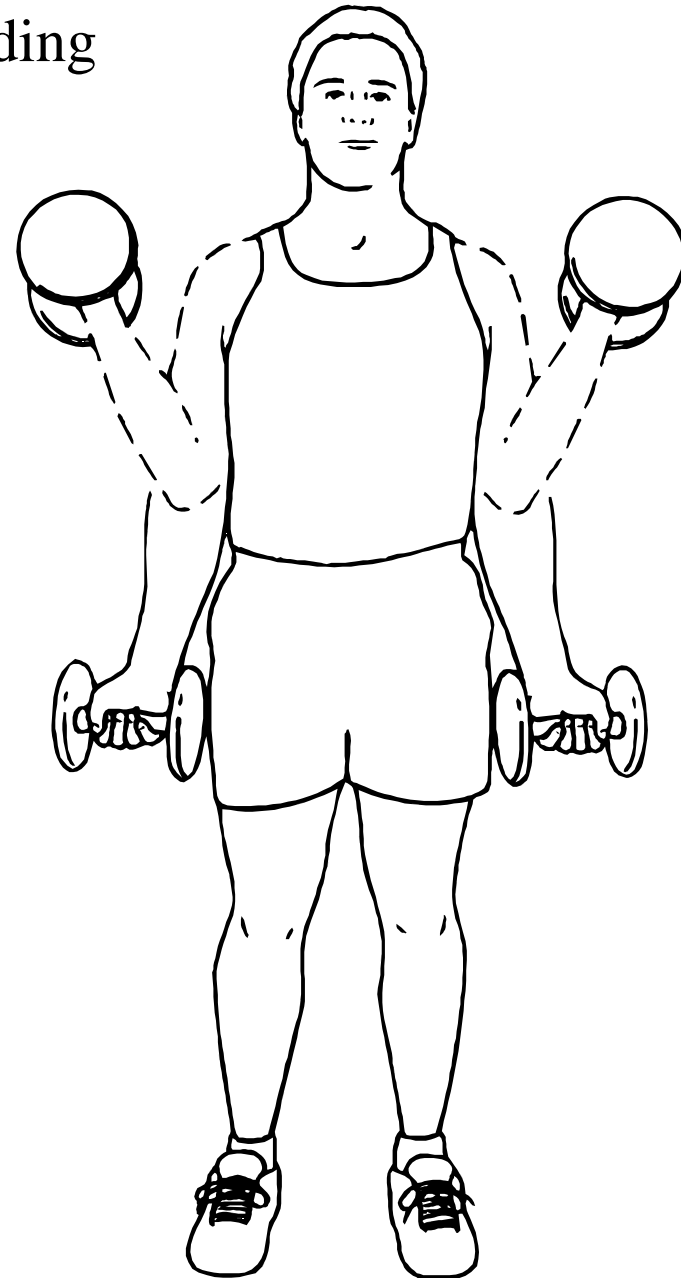
Hold weights at sides,
palms forward. Curl arms
toward shoulders, rotating to
palms out while beginning
curl. Keep forearms in line
with sides of torso.



Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 14 Curl: Standing Inner Biceps (Dumbbell)

Knees slightly bent, hold weights at sides, palms forward. Curl arms toward shoulders, rotating to palms out while beginning curl. Keep forearms in line with sides of torso.

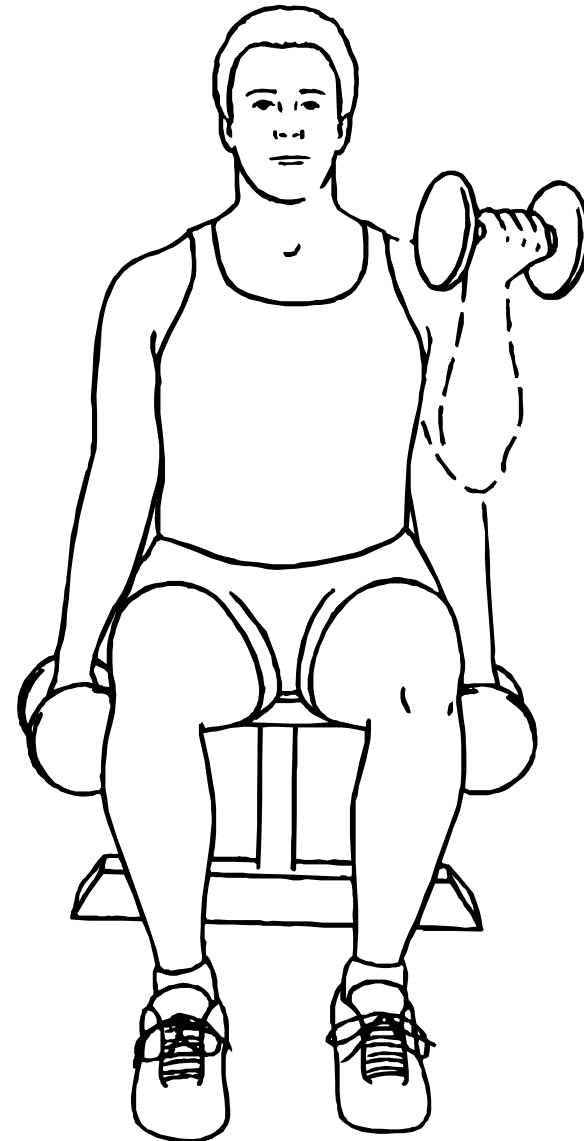


Do _____ sets.

Complete _____ repetitions.

ARMS: BICEPS - 15 Curl: Sitting Alternating (Dumbbell)

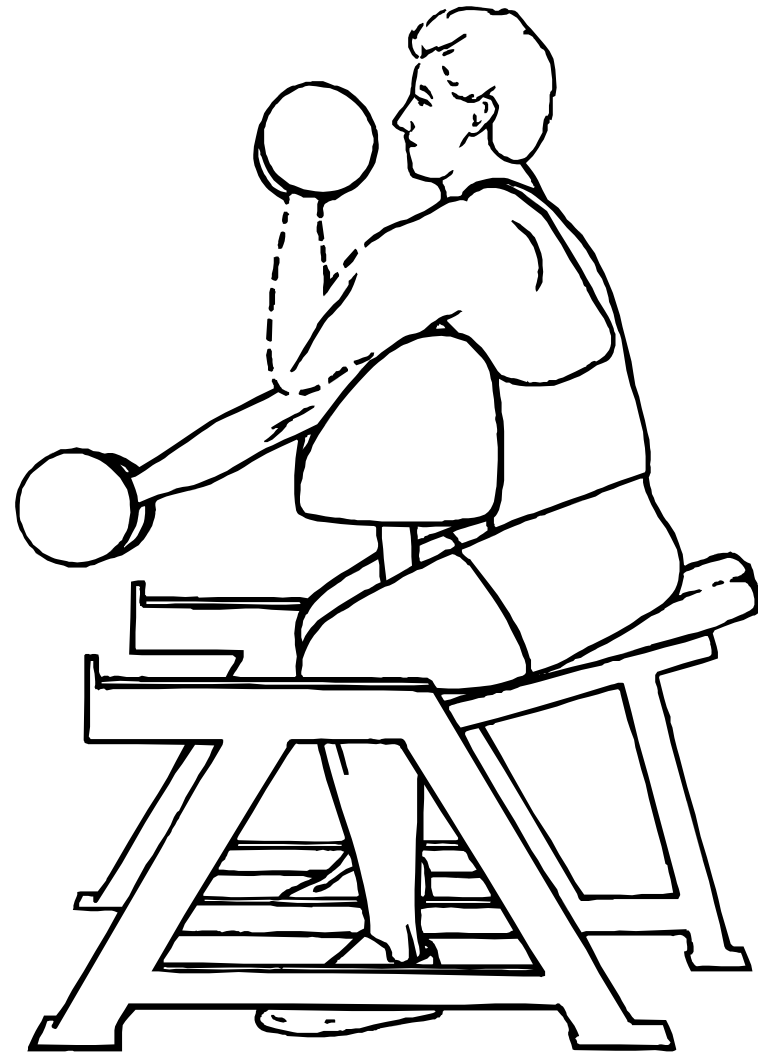
Hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl.
Alternate arms.



Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 16 Curl: Sitting – Single Arm (Preacher Bench, Dumbbell)

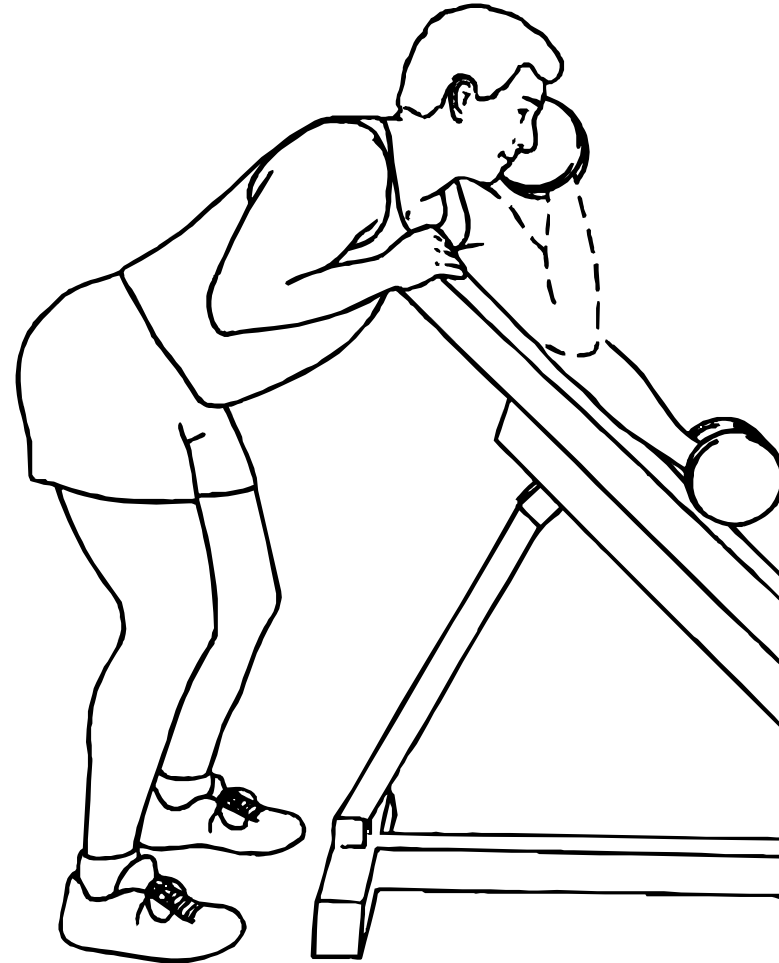
Curl arm toward side of
shoulder, keeping upper arm
in contact with bench.



Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 17 Curl: Standing Single Arm, Incline (Dumbbell)

Curl arm toward shoulder,
keeping upper arm in
contact with bench.



Do _____ sets.
Complete _____ repetitions.

ARMS: BICEPS - 18 Curl: Standing Single Arm (Cable)

Knees slightly bent, curl arm
toward shoulder, keeping
upper arm close to side.

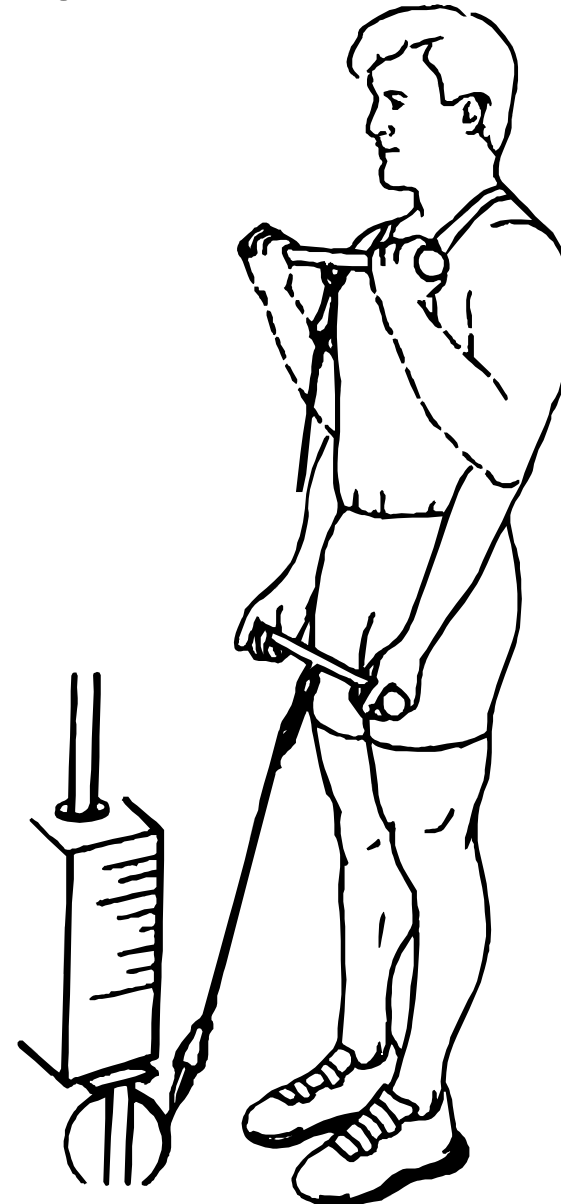
Do _____ sets.
Complete _____ repetitions.



ARMS: BICEPS - 19 Curl: Standing (Cable)

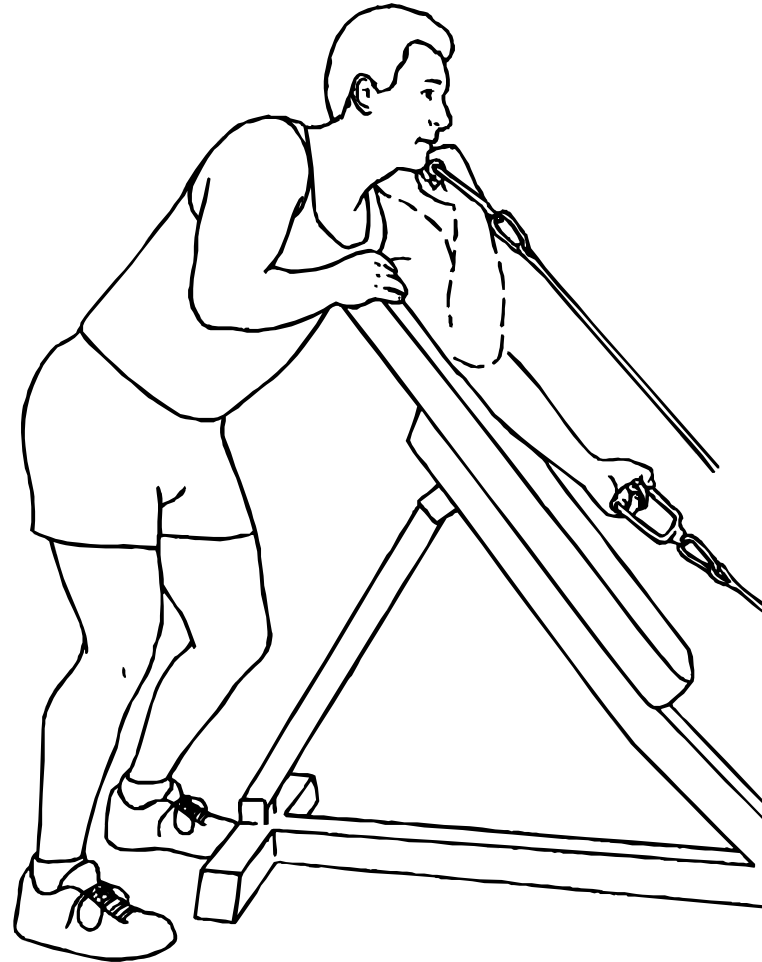
Knees slightly bent, curl arms toward shoulders, keeping upper arms close to sides.

Do _____ sets.
Complete _____ repetitions.



ARMS: BICEPS - 20 Curl: Standing Single Arm, Incline (Cable)

Curl arm toward shoulder,
keeping upper arm in contact
with bench.



Do _____ sets.

Complete _____ repetitions.

ARMS: BICEPS - 21 Curl: Standing Single Arm (Cable)

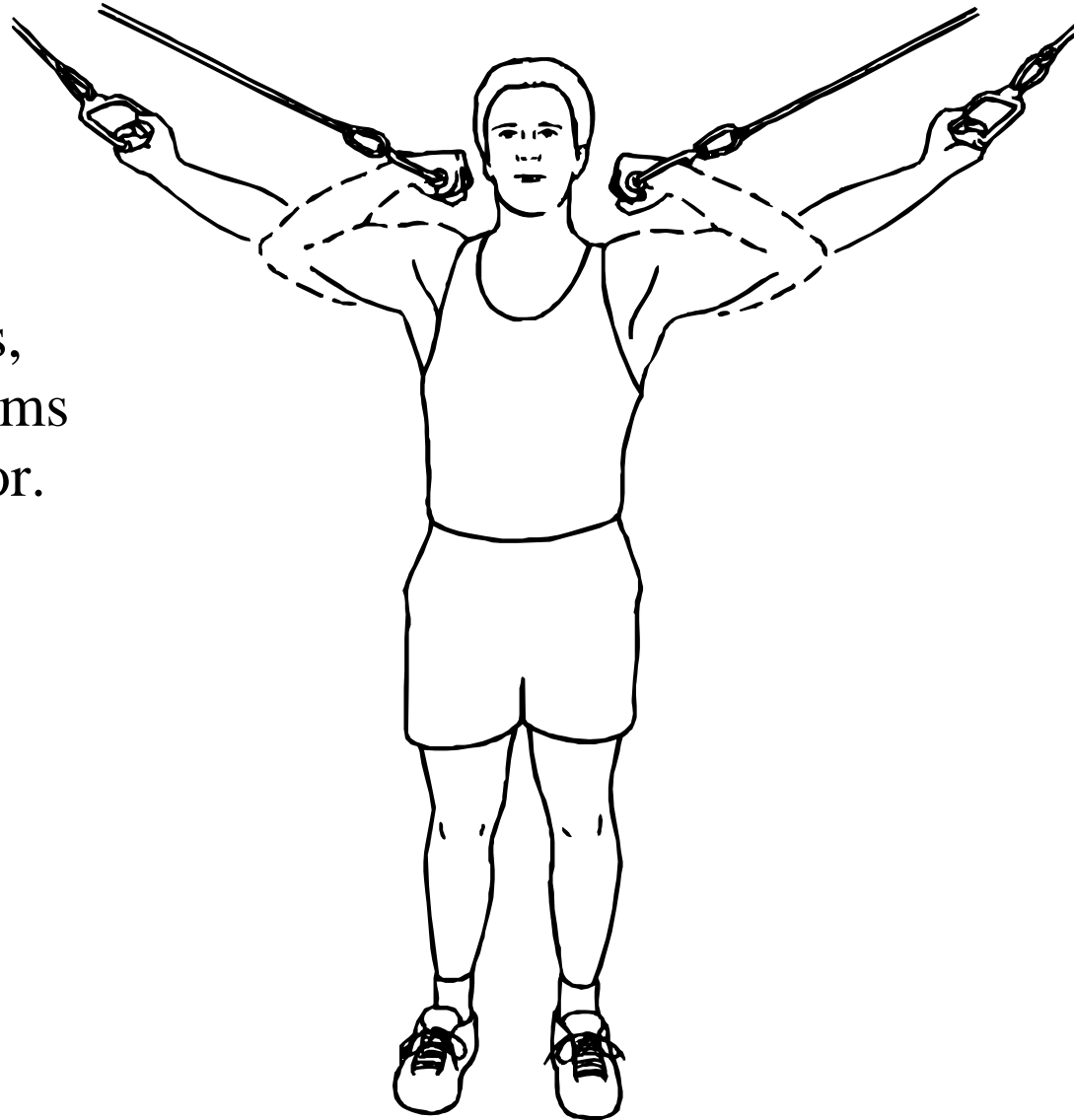
Knees slightly bent,
curl arm toward shoulder,
keeping upper arm
parallel to floor.

Do _____ sets.
Complete _____ repetitions.



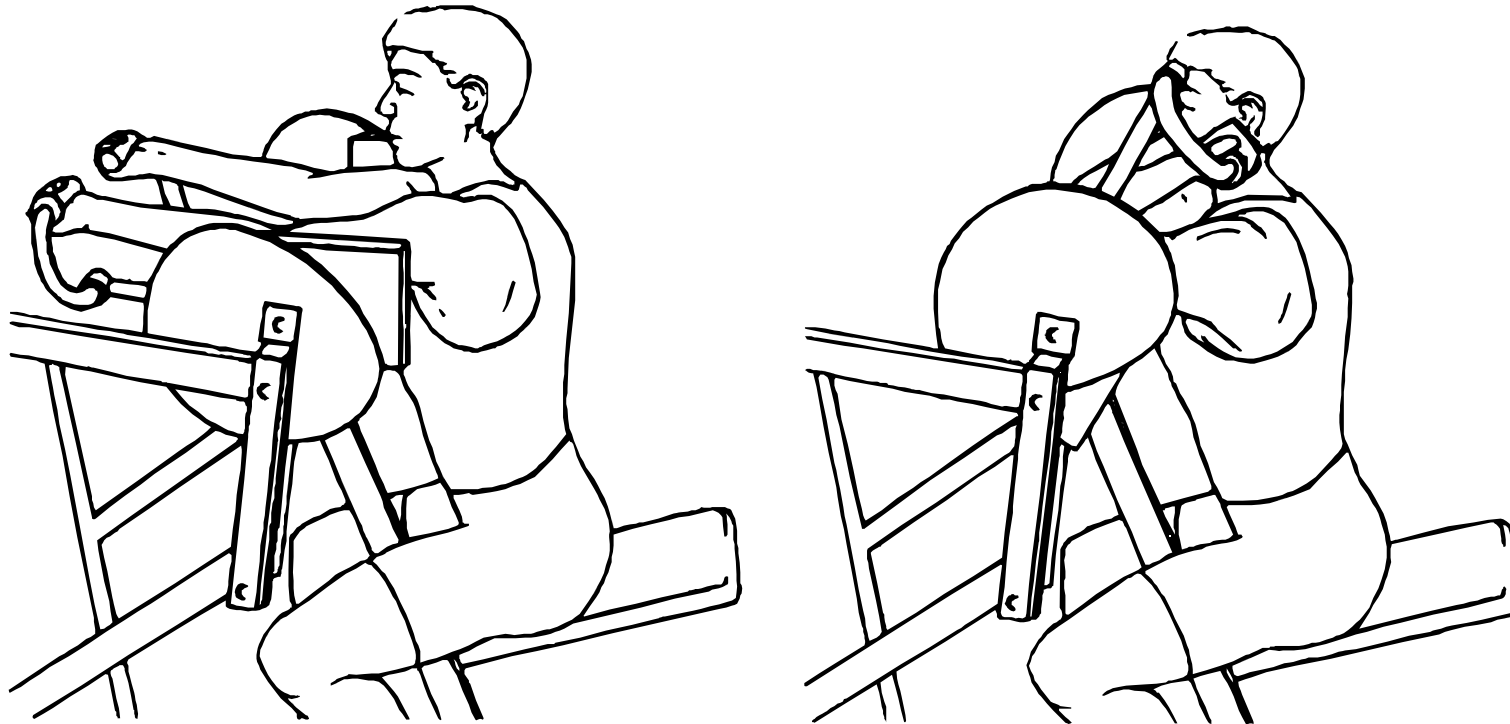
ARMS: BICEPS - 22 Curl: Standing (Cable)

Knees
slightly
bent, curl arms
toward shoulders,
keeping upper arms
parallel with floor.



Do _____ sets.
Complete _____
repetitions.

ARMS: BICEPS - 23 Curl: Sitting (Machine)



Wrists straight, curl arms toward shoulders, keeping upper arms in contact with pad.

Do _____ sets. Complete _____ repetitions.

