

Training

My Favorite Bicep Routine

Beginners* (for those with no experience or less than 3 months of training)

Barbell Curls	1 X 20-25** 3 X 10
Machine Preacher Curls	3 X 10
Concentration Curls	3 X 10

*train back once a week. Rest 1 minute in between sets

** this is a warm up set

Intermediate*(for those with 3 months to 1 year of training)

Barbell Curls	1 X 20-25** 3 X 10
Dumbells Curls	3 X 10
Preacher Curls	3 X 10

*train back once a week. Rest 1 minute in between sets

** this is a warm up set

Advanced* (for those with more than 1 year of training)

Barbell Curls	1 X 20-25** 3 X 6-10 ^ ***
Incline Dumbell Curls	3 X 6-10^****
Preacher Curls	3 X 10
Superset	
Concentration Curls	3 X 10
Hammer Curls	3 X 10

*train bicep twice a week. Rest 1-2 minute in between sets

** this is a warm up set

***the final set is a drop set (I complete 6 reps with maximum weight , then strip off half the weight and do as many reps as I can)

^ pyramid sets- start with a weight that uses lighter weight but encompasses many reps. Then as you move onto the next set and so on , you use heavier weight and perform fewer reps