



All-Out Biceps

Exercise	Rest	Sets	Reps	Weight	Notes
Foam roll	1:00	2	30 sec.		Spend 30 seconds on each muscle
superset					
Single leg curl			20		
Lying leg curl	1:00	3	10		
superset					
Straight leg deadlift					
Hack squat	1:00	3	20		Higher foot placement
Rope curl	1:00	3	20		
Alternating dumbbell curl	1:00	4	8		
giant set					
Hammer curl					
Reverse barbell curl			12		