



Biceps Obliteration

Exercise	Rest	Sets	Reps	Weight	Notes
Barbell curl	1:00	4	30		Close- to wide- to shoulder-width grip
Alternating dumbbell curl	1:30	3	8		
Hammer curl	1:30	3	10		
superset					
Zottman curl					
Reverse barbell curl	1:00	4	12		
superset					
Barbell wrist curl to partial biceps curl			15		