



Biceps Blitz

Exercise	Rest	Sets	Reps	Weight	Notes
Seated dumbbell curl to reverse dumbbell curl	0:45	4	10		
Hammer curl	0:45	4	15		Perform 5 reps at each height: bottom-to-halfway, top-to-halfway and full range of motion
EZ bar cable curl	0:45	3	15		
Barbell wrist curl	0:10	3	max		Rest 5-10 seconds each time you go to failure
Hanging leg raise	0:30	5	12-15		