

Exercise 07 Barbell Curl

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
EZ Barbell Curl	1 - 2	8 - 10 Mild	Working Set, Full Contraction

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
EZ Barbell Curl	2 - 3	8 - 10 Mild - Heavy	Working Set, Full Contraction

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
EZ Barbell Curl	4	Mild - Heavy	Full On Set (Burn Out)