

Exercise 08 Bicep Curl

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

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Machine Bicep Curl	3	Light - Mild	Full on Set (Burn Out)