

Exercise 06 Dumbbell Curls

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Seated Dumbbell Curls	1	8 - 12 Light	Warm Up, "Blood Flow", SQUEEZE

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Seated Dumbbell Curls	2 - 3	8 - 10 Mild - Heavy	Working Set, Full Contraction

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Seated Dumbbell Curls	4	Mild - Heavy	Full On Set (Burn Out)