Biceps –

1. Right now, crab two plates. Warm up weights will be totally fine. Lift your chest, brace the abs and wait for the music.  
   4,3,2,1 and down 4 times.

Split stance/one leg back and we continue with 3/1 8 times. Twist the plates half way up.

Set stance, 2 and 2, 2 times

Mid range GO 8 times. New movement, single arm curl.

Single arm right side. 4, 3 ,2, 1 and again to mid range.

Again single arm GO. Up, down, up, down.

Plates down. And shake your arms

1. Plates up. And take split stance. 3/1 8 times. Hold your elbows directly under your sholders .

Step in and super slow.

Mid range. Keep your body steady!

Full range. Work it! Keep your elbows off your body.

Mid range again, keep a stable movement.

Full range. Looking strong!

Plates down , if it was too easy take those bigger plates!

1. And plates up again.

Heel and toe. Split stands. 3/1.

Step in and Super slow 4 and 4 2 times

Pulse pulse pulse mid range

Single arm

Last time!

Push it now! Last chance!