

# Sample Biceps Workout

## 1. Chin-ups (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 15 Reps

## 2. Dumbbell Curl(3 sets)

Set 1 - 15Reps

Set 2 - 12Reps

Set 3 - 12Reps

## 3. Barbell Curls(3 sets)

Set 1 - 12 Reps

Set 2 - 10 Reps

Set 3 - 8 Reps

## 4. Dumbbell Hammer Curl (3 sets)

Set 1 - 12 Reps

Set 2 - 12 Reps

Set 3 - 12 Reps

