

# Sample Biceps Workout

## 1. Elevated Pike Press (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 15 Reps

## 2. Dumbbell Overhead Press(3 sets)

Set 1 - 15Reps

Set 2 - 12Reps

Set 3 - 12Reps

## 3. Lateral Raises(3 sets)

Set 1 - 12 Reps

Set 2 - 12 Reps

Set 3 - 12 Reps

## 4. Dumbbell Upright Rows (3 sets)

Set 1 - 12 Reps

Set 2 - 12 Reps

Set 3 - 12 Reps

## 5. Seated Dumbbell Rear flys (3 sets)

Set 1 - 12 Reps

Set 2 - 12 Reps

Set 3 - 12 Reps