

Sample Biceps Workout

1. Dumbbell Rows Bilateral (3 sets)

Set 1 - 15 Reps

Set 2 - 15 Reps

Set 3 - 15 Reps

2. Deadlifts(3 sets)

Set 1 - 8Reps

Set 2 - 8Reps

Set 3 - 8 Reps

3. Pullups (3 sets)

Set 1 - 12 Reps

Set 2 - 12 Reps

Set 3 - 10 Reps

4. Dumbbell Rows (3 sets)

Set 1 - 12 Reps

Set 2 - 10 Reps

Set 3 - 10 Reps

