



ROSHAN'S BODYSCULPT

BICEPS

EXERCISE 1. (SUPER SET).

EXERCISES	SET1	SET2	SET3
DB Curls	15 reps	12 reps	10 reps
DB Hammer Curl	15 reps	12 reps	10 reps

EXERCISE 2. (GIANT SET).

EXERCISES	SET1	SET2	SET3
Machine Preacher Curl	12 reps	10 reps	8 reps
Cable Overhead Biceps Curl	12 reps	10 reps	8 reps
Cable Conc. Curl	12 reps	10 reps	8 reps

EXERCISE 3. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Barbell Curls	10 reps	10 reps	8 reps
Incline DB curls	12 reps	10 reps	8 reps

EXERCISE 4. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Double Arm Biceps (Standing)	10 reps	8 reps	6 reps
Double Arm Biceps (Sitting)	10 reps	8 reps	6 reps

EXERCISE 5. (DROP SET).

EXERCISES	SET1	SET2	SET3
Lying Cable Biceps Curl	12,10,8 reps	10,8,6 reps	8,6,4 reps
Cable Conc. Curl	12,10,8 reps	10,8,6 reps	8,6,4 reps

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