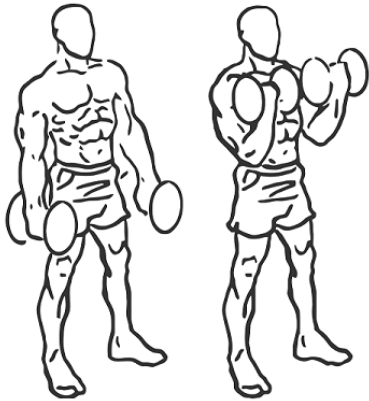


YOUR WORKOUT

Biceps

Exercise 1



Bicep Curls:

- 1) Stand straight with weight(s) in hand
- 2) Raise weights using elbows and twist your forearm until your palm is level with your shoulder
- 3) Lower to original position and control weight
- 4) Can do both at once, or alternating

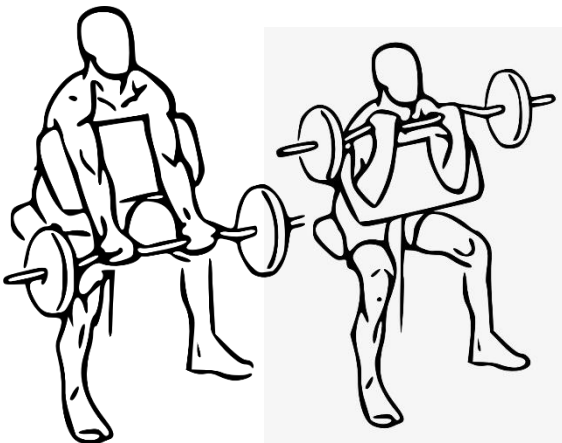
Exercise 2:

Incline Dumbbell Curl:

- 1) Set up bench at 45 degrees
- 2) Start with arms hanging off the side of the bench towards the floor holding dumbbells
- 3) Curl arms towards shoulder
- 4) Can do both at once, and alternating.



Exercise 3:



Preacher Curls:

- 1) Lean arm over elbow rest, while holding weight.
- 2) Curl weight up to shoulder
- 3) Control weight back until forearms are parallel with ground.