

Bicep Cutting Routine

Exercise	Sets	Reps
Standing E-Z Bar Curl <i>superset with</i>	3	10,12,15
Alternating Dumbbell Curl	3	12,12,12
Rope Cable Curl	3	10,12,15
Dual Dumbbell Hammer Curl	2	12,12
Dumbbell Concentration Curl	2	12,12
Behind-Back Barbell Wrist Curl	2	15,15