

## Bicep Mass Routine

Exercise	Sets	Reps
Standing Barbell Curl	5	6,8,8,10,10
E-Z Bar Preacher Curl	4	6,8,8,10
Incline Alternating Dumbbell Curl	3	10,10,10
E-Z Bar Reverse Curl	3	12,12,12
Barbell Wrist Curl	3	12,12,12