

Biceps Peak Emphasis Routine

Exercise	Sets	Reps
Close-Grip Barbell Curl	5	6,8,8,10,10
Incline Dumbbell Curl	4	8,8,10,10
Rope Cable Curl	3	10,10,10
Preacher Hammer Curl	2	10
Bathroom Curl*	2	10

* In a cable machine, set two handles on each upper pulley. Standing in the middle of cable machine Grasp both handles, extending both arms fully. Curl both arms towards ears, flex biceps and release back to start position. Repeat.