

Super Set Biceps Training

Name _____

Instructions: Perform each exercise for one body part in a split set format. All Tasks must be signed by the instructor

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
Standing Barbell Curl 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Wide Grip Barbell Curl 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Closed Grip Barbell Curl 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Reverse Barbell Curl 3 RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Preacher Curls 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Dumbbell Hammer Curls 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Dumbbell Incline Isolation Curl 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Dumbbell Concentration Curl 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Narrow Grip Pull- ups 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
_____ 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Instructor signature				

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