

BICEPS DAY 1 – LONG HEAD A



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Welcome to DAY 1 of my 4 WEEK BIGGER BICEPS program! Today we're going to be focusing on the LONG HEAD of Biceps. The long head is what is going to give you that nice mountain sized peak that makes your bicep look massive from any angle!

Push yourselves as hard as you can on every exercise and to keep the intensity high, it's very important that you follow along with the short 45 second rest periods between sets!

Stay Focused, Stay Hydrated and LETS GET IT!!

This Routine Requires:

1. Barbell
2. Dumbbells

List of Exercises:

EXERCISE	Sets	Rep Goal	Rest
Close-Grip Barbell Curl	5	15	45 sec.
Dumbbell Preacher Curl	5	15	45 sec.
Reverse Barbell Curl	5	15	45 sec.

IMPORTANT: Remember that your [MEAL PLAN](#) will determine 100% of your results! Be sure to check out the 8-minute demo for the MS Meal Plan.

EXERCISE 1



EXERCISE 2



EXERCISE 3

