

Equipment:

Barbell, Pullup station, Dumbbells, Cable station

Rest Time:

Varies based on the exercise - In general no more than 45-60 seconds

• **Workout**

• Instruxions

• **GYM WORKOUT**



- **Watch**
- **TrackHISTORY**

- **1: STRAIGHT BAR CURLS . DROP SET**
- **SETS: 3**
- **REPS: To Failure**
- After performing reps with the initial weight to failure, reduce the weight and continue once again until failure. Make sure to keep your elbows tucked into your sides!



- **Watch**
- **TrackHISTORY**

- **2: BICEP CHINUP CURLS . NEGATIVE HOLDS**
- **SETS: 3**
- **REPS: To Failure / 2 Negative Holds**
- Perform chinups until failure, following with 2 negative holds. Keep those negatives sllllooooooooww!



- [Watch](#)
- [TrackHISTORY](#)

- **3: DB SHOVEL CURLS . DROP SET (OPTIONAL)**
- **SETS: 3**
- **REPS: 12 / To Failure**
- Keep the thumbs pointing up so this feels like a hammer curl for 12 reps and then drop the weight in half, continuing until failure.



- [Watch](#)
- [TrackHISTORY](#)

- **4: LIP BUSTERS**
- **SETS: 3**
- **REPS: To Failure**
- Don't let the elbows sag too much during this exercise. Keep the upper arms parallel to the ground throughout and conduct until failure.



- [Watch](#)
- [TrackHISTORY](#)

- **5: "PEAK" CHISELERS . DROP SET (OPTIONAL)**
- **SETS: 2**
- **REPS: 12 / To Failure**
- Don't let the biceps fully relax at any point during this exercise. Conduct for 12 reps with the initial weight, then drop the weight in half continuing until failure.

PERFORM IN STRAIGHT SETS MAKING SURE TO CHOOSE WEIGHTS THAT CAUSE YOU TO REACH FATIGUE AT THE PRESCRIBED REP TOTAL