

Equipment:

Dumbbells, Pullup Bar, Tubing

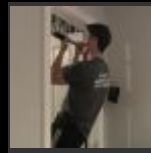
Rest Time:

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

• Workout

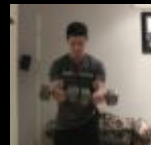
• Instruxions

• HOME WORKOUT



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

- **1: ISO CHIN UP HOLDS**
- **SETS: 3**
- **REPS: Max Time**
- Hold that "Bar High" position for as long as possible making sure to keep the elbows at 90 degree bends throughout!



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

- **2: DB "STRAIGHT BAR" CURLS**
- **SETS: 3**
- **REPS: 10 or To Failure**
- Don't let the ends of the dumbbells come apart during the exercise. Conduct for 10 reps or to failure, whichever comes first.



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

- **3: DB NO MONEY CURLS**
- **SETS: 2-3**
- **Reps: 12 or To Failure**
- Tilt your thumbs out at the top of the curl to emphasize the peak activation of the biceps. Conduct for 12 reps or to failure, whichever comes first.



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

- **4: DB JACKKNIFE HAMMER CURLS**
- **SETS: 2-3**
- **REPS: 12 or To Failure**
- Be Xplosive here! Lift a bit more weight than usual on these due to the help you get from your legs. Conduct for 12 reps or to failure, whichever comes first.



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

- **5: TUBING BURNOUT CURLS**
- **SETS: 2**
- **REPS: To Failure**
- Can you say fire? Don't quit at the first sign of muscle discomfort. Keep going well into the lactic acid pain zone for best results!

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