



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



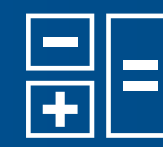
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4 WEEK BICEPS WORKOUT TO BUILD PEAKING BI'S

Get the best bicep pumps of your life with this 4 week biceps workout guaranteed to build your biceps & hopefully help you develop peaks along the way!

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-workout-to-build-biceps-that-peak>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 4 Weeks

Days Per Week: 2 Day

Time Per Workout: 15-45 Mins

Equipment: Barbell, Dumbbells, Machines

Author: Roger "Rock" Lockridge

The Featured Peaking Biceps Workout

Exercise	Sets	Reps
1. Concentration Curl	3	12, 10, 8
2. Strict Barbell Curl	4	12, 10, 8, 6
3. Hammer Dumbbell Curl	3	8, 10, 12
4. One Arm Preacher Curl Machine	3	20 Each

The Peaking Bicep Pump Back Day Finisher

Exercise	Sets	Reps
This workout is the one you'll do after your back training. There should be a minimum of 72 hours between these two workouts so there's enough time for recovery. 96 hours would be better if your split can allow it.		
1. Lying Rope Cable Curl	-	100 Total