



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## BEGINNER BICEP WORKOUT

This beginner's bicep workout hits the bicep muscle with two exercises for a total of 6 sets. This workout is ideal for those new to weight training.

Link to Workout: <https://www.muscleandstrength.com/workouts/39-beginner-bicep-workout.html>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 6 Weeks  
**Days Per Week:** 1 Day

**Time Per Workout:** 10-15 Mins  
**Equipment:** Barbell, Dumbbells  
**Author:** Dough Lawrenson

## Beginner Bicep Workout

Exercise	Sets	Reps
<a href="#">Standing Barbell Curl</a>	3	15, 12, 10
<a href="#">Alternate Dumbbell Curl</a>	3	10