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Workouts



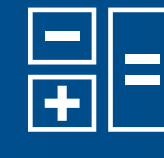
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5 EFFECTIVE BICEPS WORKOUT ROUTINES: BEGINNER TO ADVANCED

These 5 workouts take you from inexperienced beginner to intermediate levels, and focus on the addition of volume, intensity and advanced training techniques.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-biceps-workout-routines-beginner-advanced>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 52 Weeks
Days Per Week: 1 Day

Time Per Workout: 15-75 Mins
Equipment: Barbell, Dumbbells, EZ Bar
Author: Max Riley

Beginner Bicep Routine

Exercise	Sets	Reps	Rest
Workout 1			
EZ Bar Curls	3	10 - 12	2 Mins
Workout 2			
Standing Dumbbell Curls	3	10 - 12	2 Mins

2 workouts per week w/ at least 2 rest days between [workouts](#) for 3 to 4 months. Resist the urge to add volume. Beginners don't need volume to build muscle. Do not train to failure on any set.

Experienced Beginner Bicep Routine

Exercise	Sets	Reps	Rest
Workout 1			
Barbell Curls	2 - 3	8 - 12	2 Mins
Hammer Curls	2 - 3	8 - 12	2 Mins
Workout 2			
Preacher Curls	2 - 3	8 - 12	2 Mins
Cable Curls	2 - 3	8 - 12	2 Mins

2 workouts per week w/ at least 2 rest days between [workouts](#) for 3 to 4 months. You are building muscle at a rapid rate. Resist the urge to add volume, remembering that the biceps are a relatively small muscle group and might be growing faster than you realize. Do not train to failure on any set.

Early Intermediate Bicep Workout Routine

Exercise	Sets	Reps	Rest
Workout 1			
Barbell Curls	3 - 4	6 - 8	2 Mins
Seated Dumbbell Curls	3 - 4	8 - 12	2 Mins
Workout 2			
EZ Bar Curls	3 - 4	10 - 12	2 Mins
Concentration Curls	2	20	2 Mins

1 workout per week, w/at least 5 rest days before your next bicep workouts for 6+ months. Moderate volume. Do not train to failure on any set.

Intermediate Bicep Workout Routine

Exercise	Sets	Reps	Rest
Barbell Curls	4	6 - 8	2 Mins
Seated Dumbbell Curls	4	8 - 12	2 Mins
EZ Bar Curls	5	8 - 10	20 Secs Rest Pause
Hammer Curls	2 + Drop Sets	6 - 10	2 Mins
Concentration Curls	2	20	1 Min

1 workout per week, w/ at least 5 rest days before your next bicep workouts for 6+ months. Moderately high volume in a variety of rep ranges. Rest Pause Sets: Find a weight that allows you to perform 8-10 reps for the first set and stick with it for all sets. Rest only 20 seconds between sets. Drop sets: Perform a set, then immediately perform 3 drop sets using progressively lighter dumbbells. Do not train to failure on any set.

Experienced Intermediate Bicep Workout Routine

Exercise	Sets	Reps	Rest
Barbell Curls	4	6 - 8	2 Mins
Seated Dumbbell Curls	4	8 - 12	2 Mins
Straight Bar Cable Curls	7	8 - 10	20 Secs Rest Pause
Preacher Dumbbell Curls	2	10 - Slow Negatives	2 Mins
Concentration Curls	3	20	1 Min

1 workout per week w/ at least 5 rest days before your next bicep workouts for 12+ months. Mix volume, intensity, and advanced training techniques. Rest Pause Sets: Find a weight that allows you to perform 8-10 reps for the first set and stick with it for all sets. Slow Negatives: Perform reps normally, but take 5 Secs after each rep to lower the weight back to its starting position. Do not train to failure on any set.

