Workout
planner

DATE: _____ **MUSCLE GROUP:** Upper Body

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Wide Grip Bicep Curl	3	10			
Rest	3	30 seconds			
Cross Body Curl	3-4	12			
Drag Curl	2	10			
Rest	3	30 seconds			
Concentration Curl Cluster	1	MAX			

How To Perform It
Perform bicep curls for 10 reps and rest for 30 seconds. Repeat for 3 sets in total. Move to the cross body and drag curls and perform them back to back. Rest for 30 seconds and repeat for 3 rounds.
Finally, finish with one strong set of concentration curls, performing as many as you can on one arm. Stop and rest for 5 seconds and do it again. Repeat as many as you need until you 40 reps. Then perform it on the other side.