



# BICEP WORKOUT

## **1.) BARBELL CURL**

4 Sets x 15, 12, 10, 4 - 6 Reps | Rest 60 Seconds

## **2.) STANDING DB CURL**

4 Sets x 10 - 15 Reps | Rest 45 Seconds

## **3.) SEATED ISOLATED DB CURL**

3 Sets x 10 - 12 Reps Each Arm | Rest 45 Seconds

## **4.) EZ Bar (Close Grip) Tension Curls**

3 Sets x 15 - 20 Reps | Rest 30 Seconds

### **Evaluate these common craving facts:**

- High Stress can lead to cravings more often.
- Deprived of Sleep can lead to more hunger and higher urges for cravings.
- Going too long without eating. This can cause you to raise your cravings big time and cause you to over eat.

**Focus on these - and your cravings will be better!**