

Remember to consult your doctor before starting any diet and/or training program.

BRANCH WARREN'S BICEPS ROUTINE					
Alternate Dumbbell Curls		Preacher Curls	Standing Cable Curls	Concentration Curls	
SETS	8	3	3	4	
REPS	4th set is a drop set of 8, 8, 8	2 sets to failure (3rd set is dropset of 10, 10, 10)	2 sets of 15 reps (3rd set of 100 reps*) <small>* I do as many as possible then drop weight and continue until I reach 100 reps</small>	10	

BRANCH WARREN'S BICEPS ROUTINE					
Remember, Branch is an extreme athlete. Always train smart and attempt reps and sets that are within your abilities.					
Alternate Dumbbell Curls		Preacher Curls	Standing Cable Curls	Concentration Curls	
SETS					
REPS					
WEIGHT					
NOTES:					

