

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

JAY CUTLER'S MR. O BICEPS WORKOUT					
	Standing Barbell Curls	One-Arm Dumbbell Curls	Two-Arm Preacher Curls	Two-Arm Cable Overhead Curls	Seated Hammer Dumbbell Curls
SETS	3	3	3	3	3
REPS	10	10	10	12	8
REST	100	60	60	45	60
WEIGHT	135, 135, 135	65, 70, 70	105, 125, 135	50, 55, 60	70, 70

JAY CUTLER'S MR. O BICEPS WORKOUT					
<small>Remember, Jay is an extreme athlete. Always train smart and attempt reps and sets that are within your abilities.</small>					
	Standing Barbell Curls	One-Arm Dumbbell Curls	Two-Arm Preacher Curls	Two-Arm Cable Overhead Curls	Seated Hammer Dumbbell Curls
SETS					
REPS					
REST					
WEIGHT					
NOTES:					

