

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

FEATURE ROUTINE: SERGIO'S BLASTING BICEPS WORKOUT					
Simultaneous Twisting Dumbbell Curls		Close-Grip EZ-Bar Curls	Dumbell Hammer Curls	Standing Cable Curls	
SETS	3* *Plus 2 warmup sets	3	3	4	
REPS	12, 10, 8*	10, 8, 6*	12, 10, 6*	15*	
*Plus two drop sets of 10 reps each with 40% lighter weight each drop. For continuous and maximal time under tension, blast the biceps using both arms together, twisting your palms out as far as you can get them at the top.		*Last set is as heavy as possible with 2-4 forced reps and 2 partner assisted negatives. Using a relatively heavy weight with strict form, keep your elbows back and your palms facing up on each rep.	*Two rest-pause sets after last set – with 10 seconds rest after last rep followed by 4-8 additional reps until you get to 20. Training experts believe that you can target the brachialis muscle extremely well with hammer curls.	*All sets performed with only 30 seconds rest between. Reps are performed with a slightly increased rep speed of one second up, one second down.	

FEATURE ROUTINE: SERGIO'S BLASTING BICEPS WORKOUT[†]					
Simultaneous Twisting Dumbbell Curls		Close-Grip EZ-Bar Curls	Dumbell Hammer Curls	Standing Cable Curls	
SETS					
REPS					
WEIGHT					
NOTES:					

[†]Remember, Sergio is an extreme athlete. Always train smart and attempt reps and sets that are within your abilities.

