

1. Single-Arm Supinated Dumbbell Curl

Sets: 3–4

Reps: 10–12 each arm

Tempo: 3-1-2-0

- Keep your elbow tight to your side — no swinging.
- Supinate (turn your pinky toward your shoulder) at the top for max contraction.
- Focus on control and tension.

Purpose: Corrects imbalances and builds peak biceps.

2. EZ-Bar Preacher Curl (or Dumbbell Preacher Curl)

Sets: 3

Reps: 8–10

Tempo: 4-1-1-0

- Upper arms glued to pad.
- Lower slowly and feel the stretch.
- Full range of motion for maximum fiber recruitment.

Purpose: Locks shoulders to isolate biceps and build rounded shape.

3. Barbell Curl

Sets: 4

Reps: 6–8

Tempo: 2-0-2-1

- Grip shoulder width.
- Keep abs tight and chest up.
- Drive through pinkies for full activation.

Purpose: Heavy compound lift for mass and strength.

Programming Notes

- Rest 1-2 minutes between sets.
- Train 2x per week.
- Add small weight or an extra rep weekly for progression.