



Chest and Bicep Workout

SS=**Superset** when one set of an exercise is performed directly after a set of a different exercise without rest between them.

1RM= **One-rep Max** is the amount of weight you can lift once for an exercise. You can check your 1RM out on my website [CLICK HERE](#).

Perform each stretch for 20-30 seconds

- Standing Bicep Stretch
- Bicep Wall Stretch
- Wrist Extension & Flexion Stretch
- Bent-Arm Wall Stretch (For Chest)
- Extended Child's Pose on Fingertips Stretch

WORKOUT

- Bench Press 70% 1RM (Complete 2-3 warm-up sets) 3x8
- SS: Hammer Curl 3x10-12

- Incline Dumbbell Fly 3x10-12
- SS: Preacher Curl 3x10

- Incline Push-Up 3x12
- SS: E-Z Bar Strict Curl 3x8

- Wrist Roller/Wrist Curl 3x8-10
- SS: Hanging Leg Lift 3x20

Target Muscles: Bicep, Brachialis, Chest, Core, Forearm, and Wrist.

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