Only Biceps

Beginner | 3 min | 29 Kcal

1		Alternating Curls Dumbbell	40 Seconds
	Rest		20 Seconds
2		Alternating Hammer Curls Dumbbell	40 Seconds
	Rest		20 Seconds
3		Rotating Bicep Curl Dumbbell	40 Seconds
	Rest		20 Seconds
4		Concentration Curl Dumbbell	20 Seconds

Armify

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

Download the app

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