Only Biceps

Beginner | 3 min

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

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P4P

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.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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