

REVERSE ZOTTMAN CURL



A



B

Sets : 3

Reps: 8-10

The reverse Zottman is one of my favorite curls. You'll start by doing a hammer curl, curling up with your palms facing each other. (This is your strongest curl, so you'll be able to move a heavy weight.) At the top, turn your palms so they face your chest, then slowly lower the dumbbells.

(Think "3 seconds down".) You'll be "overloading" this lowering phase of the curl, and consistently doing this can spark serious growth.

Aim for 3 sets of 8-10 reps.

TWO-STEP CURL



A



B

Sets : 3

Reps: 8-10

It's easy to cheat during standard biceps curls, rocking at the hips, or jerking our elbows forward. The two-step curl solves that. You'll hold dumbbells at your sides, as if doing a classic curl, but you'll only curl up until your forearms are parallel to the ground.

Pause for a count here, then curl all the way up. We've added time-under-tension to each rep, which can help with growth, and by adding that mid-rep pause, we also force you to be strict.

Aim for 3 sets of 8-10.

SPIDER WAITER'S CURL



A



B

Sets : 3

Reps: 10-12

In addition to flexing your elbow, your biceps also twists your forearm, helping you drive your pinkies toward the ceiling as you do a curl. You'll train this second effect with the spider waiter's curl, starting with your chest on an incline bench, and gripping a single dumbbell by the plate.

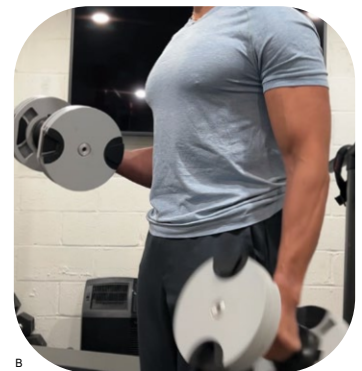
The plate will try to push your pinkies downward; focus on driving them up.

Do 3 sets of 10-12 reps.

HALF-ISO CURL



A



B

Sets : 3

Duration : 40 sec

This is a great way to get more out of a light weight. Curl dumbbells up until your forearms are parallel to the ground. This is actually your starting position. Now lower one dumbbell and curl it all the way up, while holding your position with the other hand.

Repeat on the other side.

This won't just light up your biceps either; your core muscles will also get a challenge.

Do this one for time, not reps; think 3 40-second sets.