

Equipment:



 **HIITRAZE**

35-DAY

BICEP PEAK

TRAINING PROGRAM



PLAN INTRODUCTION

The 35 Bicep Peak Training Program for Men is a workout plan designed to target biceps and develop bigger and more defined peaks. The program consists of various exercises like barbell curls, concentration curls, and hammer curls to target all angles of the biceps for maximum growth. Consistent effort and proper form are essential for achieving optimal results. The program should be included in a well-rounded fitness routine that incorporates a balanced diet and regular cardiovascular exercise to maximize overall health and fitness. As a professional fitness coach, the program is highly recommended for anyone looking to improve their bicep size and definition.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.

WORKOUT PLAN



HEAVY BICEP TRAINING

1. Barbell Curls: 3 sets of 6-8 reps
2. Dumbbell Hammer Curls: 3 sets of 8-10 reps
3. Preacher Curls: 3 sets of 8-10 reps
4. Cable Curls: 3 sets of 12-15 reps

2 Active Rest

High Rep Bicep Training

- 3 1. EZ Bar Curls: 3 sets of 12-15 reps
2. Incline Dumbbell Curls: 3 sets of 12-15 reps
3. Concentration Curls: 3 sets of 12-15 reps
4. Cable Curls: 3 sets of 15-20 rep

4 Active Rest

Bicep Peak Training

- 5 Spider Curls: 3 sets of 8-10 reps
- Reverse Barbell Curls: 3 sets of 8-10 reps
- Cable Rope Hammer Curls: 3 sets 12-15 reps
- Incline Dumbbell Curls (palms up): 3 sets of 12-15 reps

RESISTANCE TRAINING

- 6 Standing Barbell Curls: 3 sets of 10-12 reps
superset with Tricep Pushdowns: 3 sets of 10-12 reps
- Cable Curls: 3 sets of 12-15 reps superset
with Overhead Tricep Extensions: 3 sets of 12-15 reps
- Incline Dumbbell Curls: 3 sets of 12-15 reps
superset with Dips: 3 sets of 12-15 reps

7 Active rest

HEAVY BICEP TRAINING

- 8 1. Close Grip Chin Ups: 3 sets of 6-8 reps
2. Preacher Curls: 3 sets of 8-10 reps
3. Standing Alternating Dumbbell Curls: 3 sets of 8-10 reps
4. Hammer Curls: 3 sets of 12-15 reps

9 Active rest

HIGH REP BICEP TRAINING

- 10 Barbell Curls: 3 sets of 12-15 reps
- Cable Rope Hammer Curls: 3 sets 12-15 reps
- Incline Inner Bicep Curls: 3 sets 12-15 reps
- Reverse Barbell Curls: 3 sets of 15-20 reps

11 Active rest

Bicep Peak Training

- 12 Concentration Curls: 3 sets of 8-10 reps
- EZ Bar Preacher Curls: 3 sets of 8-10 reps
- Standing Hammer Curls: 3 sets 12-15 reps
- Cable Curls with Rope Attachment: 3 sets of 12-15 reps

13 Active rest

WORKOUT PLAN



Bicep and Tricep Superset Training

- 14** Incline Dumbbell Curls: 3 sets of 10-12 reps
superset with Cable Tricep Extensions: 3
sets of 10-12 reps
Seated Alternating Dumbbell Curls: 3 sets
of 12-15 reps superset with Overhead
Dumbbell Tricep Extensions: 3 sets of 12-15
reps
Cable Curls: 3 sets of 12-15 reps superset
with Tricep Pushdowns with V-Bar
Attachment: 3 sets of 12-15 reps

Heavy Bicep Training

- 15** 1. Barbell Curls: 3 sets of 6-8 reps
2. Preacher Curls: 3 sets of 8-10 reps
3. Hammer Curls: 3 sets of 8-10 reps
4. Concentration Curls: 3 sets of 12-15 reps

- 16** Active Rest

High Rep Bicep Training

- 17** EZ Bar Curls: 3 sets of 12-15 reps
Standing Alternating Dumbbell Curls: 3
sets of 12-15 reps
Cable Hammer Curls: 3 sets of 12-15 reps
Incline Dumbbell Curls: 3 sets of 15-20 reps

Bicep Peak Training

- 18** Reverse Preacher Curls: 3 sets of 8-10 reps
Cable Curls with Straight Bar Attachment:
3 sets of 8-10 reps
Incline Dumbbell Curls with Palms Facing
Up: 3 sets of 12-15 reps
Machine Preacher Curls: 3 sets 12-15 reps

- 19** Active rest

Bicep and Tricep Superset Training

- 20** 1. Close Grip Chin Ups: 3 sets of 6-8 reps
2. Preacher Curls: 3 sets of 8-10 reps
3. Standing Alternating Dumbbell Curls: 3
sets of 8-10 reps
4. Hammer Curls: 3 sets of 12-15 reps
Seated Barbell Curls: 3 sets of 10-12 reps
superset with Close Grip Bench Press: 3
sets of 10-12 reps
Hammer Curls: 3 sets of 12-15 reps
superset with Skull Crushers: 3 sets of
12-15 reps
Cable Hammer Curls with Rope
Attachment: 3 sets of 12-15 reps superset
with Tricep Pushdowns with V-Bar
Attachment: 3 sets of 12-15 reps

- 21** Active rest

HEAVY BICEP TRAINING

- 22** Incline Dumbbell Curls: 3 sets of 6-8 reps
Standing Alternating Dumbbell Curls: 3
sets of 8-10 reps
Concentration Curls: 3 sets of 8-10 reps
Cable Curls: 3 sets of 12-15 reps

- 23** Active rest

HIGH REP BICEP TRAINING

- 24** Barbell Curls: 3 sets of 12-15 reps
Cable Rope Hammer Curls: 3 sets 12-15
reps
Machine Preacher Curls: 3 sets 12-15 reps
Reverse Barbell Curls: 3 sets of 15-20 reps

- 25** Active rest

BICEP PEAK TRAINING

- 26** Preacher Curls: 3 sets of 8-10 reps
Incline Dumbbell Curls with Palms Facing
In: 3 sets of 8-10 reps
Hammer Curls with Rope Attachment: 3
sets 12-15 reps
Cable Curl Straight Bar Attachment: 3 sets
of 12-15 reps

WORKOUT PLAN



Bicep and Tricep Superset Training

- 27** EZ Bar Preacher Curls: 3 sets 10-12 reps
superset with Tricep Dips: 3 sets 10-12 reps
Standing Alternating Dumbbell Curls: 3
sets of 12-15 reps superset with Tricep
Cable Pushdowns: 3 sets of 12-15 reps
Hammer Curls with Dumbbells: 3 sets of
12-15 reps superset with Overhead Tricep
Extension with Dumbbell: 3 sets of 12-15
reps

Heavy Bicep Training

- 28** 1. Barbell Curls: 3 sets of 6-8 reps
2. Preacher Curls: 3 sets of 8-10 reps
3. Hammer Curls: 3 sets of 8-10 reps
4. Concentration Curls: 3 sets of 12-15 reps

- 29** Active Rest

High Rep Bicep Training

- 30** EZ Bar Curls: 3 sets of 12-15 reps
Standing Alternating Dumbbell Curls: 3
sets of 12-15 reps
Cable Hammer Curls: 3 sets of 12-15 reps
Incline Dumbbell Curls: 3 sets of 15-20 reps

High Rep Bicep Training

- 31** 1. EZ Bar Curls: 3 sets of 12-15 reps
2. Standing Alternating Dumbbell Curls: 3
sets of 12-15 reps
3. Cable Hammer Curls: 3 sets of 12-15 reps
4. Incline Dumbbell Curls: 3 sets of 15-20
reps

- 32** Active rest

Bicep Peak Training

- 33** 1. Reverse Preacher Curls: 3 sets of 8-10
reps
2. Cable Curls with Straight Bar
Attachment: 3 sets of 8-10 reps
3. Incline Dumbbell Curls with Palms
Facing Up: 3 sets of 12-15 reps
4. Machine Preacher Curls: 3 sets of 12-15
reps

- 34** Active rest

Bicep and Tricep Superset Training

- 35** 1. Seated Barbell Curls: 3 sets of 10-12 reps
superset with Close Grip Bench Press: 3
sets of 10-12 reps
2. Hammer Curls: 3 sets of 12-15 reps
superset with Skull Crushers: 3 sets of
12-15 reps
3. Cable Hammer Curls with Rope
Attachment: 3 sets of 12-15 reps
superset with Tricep Pushdowns with
V-Bar Attachment: 3 sets of 12-15 reps



**Find more workout plans
on HIITraze!**

hiitraze.com