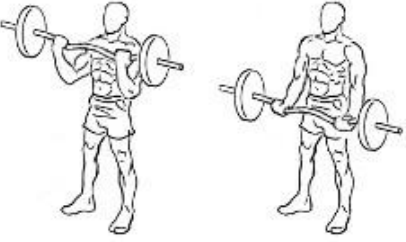
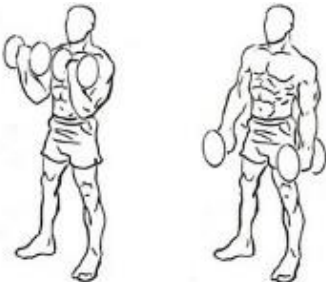


## Level 1

### Workout One

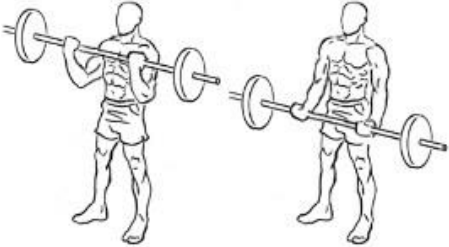

Exercise	Sets	Reps	Rest
EZ Bar Curls 	3	10-12	2 min

### Workout Two

Exercise	Sets	Reps	Rest
Standing Dumbbell Curls 	3	10-12	2 min

## Level 2

### Workout One

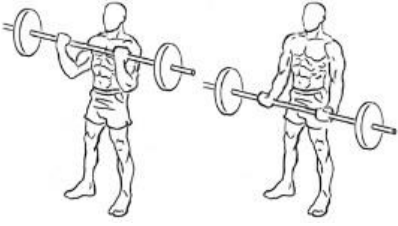
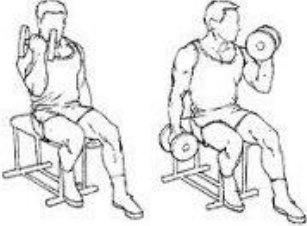
Exercise	Sets	Reps	Rest
Barbell Curls 	2-3	8-12	2 min
Hammer Curls 	2-3	8-12	2 min

### Workout Two

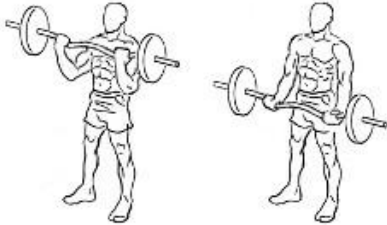
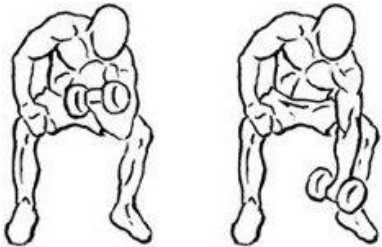
Exercise	Sets	Reps	Rest
Preacher Curls 	2-3	8-12	2 min
Cable Curls 	2-3	8-12	2 min

## Level 3

### Workout One

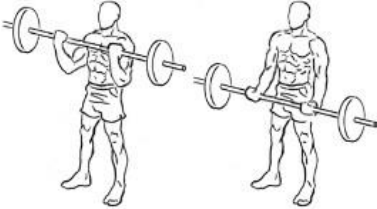
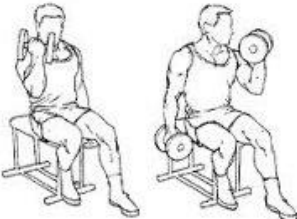
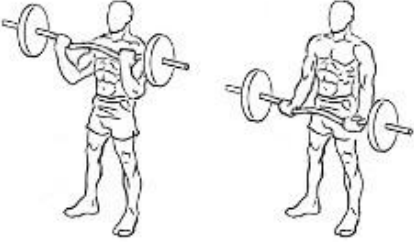

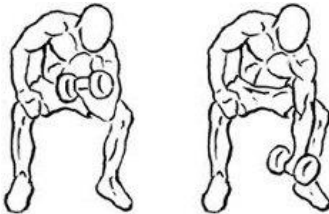
Exercise	Sets	Reps	Rest
<p>Barbell Curls</p> 	3-4	6-8	2 min
<p>Seated Dumbbell Curls</p> 	3-4	8-12	2 min

### Workout Two

Exercise	Sets	Reps	Rest
<p>EZ Bar Curls</p> 	3-4	10-12	2 min
<p>Concentration Curls</p> 	2	20	2 min

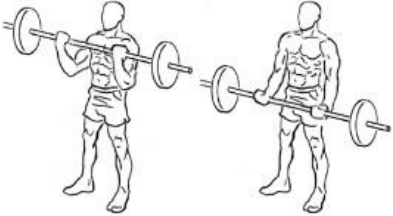
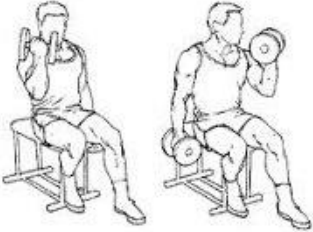


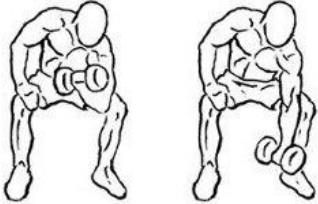
## Level 4

### Workout

Exercise	Sets	Reps	Rest
<b>Barbell Curls</b> 	4	6-8	2 min
<b>Seated Dumbbell Curls</b> 	4	8-12	2 min
<b>EZ Bar Curls</b> 	5	8-10	20 s
<b>Hammer Curls</b> 	2 + drop sets	6-10	2 min
<b>Concentration Curls</b> 	2	20	1 min

## Level 5

### Workout One

Exercise	Sets	Reps	Rest
<b>Barbell Curls</b> 	4	6-8	2 min
<b>Seated Dumbbell Curls</b> 	4	8-12	2 min
<b>Cable Curls</b> 	7	8-10	20 s
<b>Preacher Dumbbell Curls</b> 	2	10 - slow negatives	2 min
<b>Concentration Curls</b> 	3	20	1 min