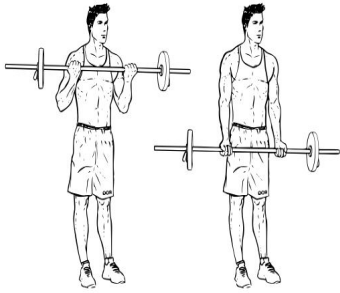
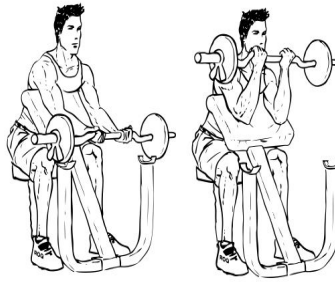


Biceps Dumbbell Exercises Chart

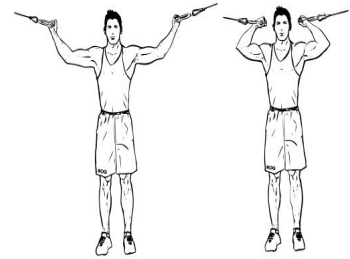
Barbell Curls



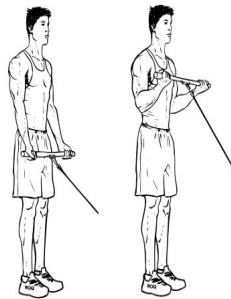
EZ-Bar Preacher Curls



Overhead Cable Curl



Standing Bicep Cable Curls



Upright Dumbbell Rows

