

BICEP BLASTER CHALLENGE

Warm-Up:

Initiate your workout with a 5-10 minute warm-up that includes light cardio (such as jogging, jumping jacks, or skipping) to raise your heart rate and dynamic stretches to prepare your arms and shoulders for the bicep workout.

Main Workout:

1. Bicep Curls with 75-lbs

- Set a timer for 4 minutes.
- Perform as many bicep curls with a 75-pound weight as you can within the time frame.
- Keep strict form and control throughout the movement.

Cooldown:

After completing the challenge, cool down your muscles with static stretches targeting the biceps and shoulders to aid in muscle recovery.

Schedule:

This challenge can be attempted once or twice a week, allowing sufficient rest between sessions to prevent overtraining and allow your muscles to recover.

Progression:

The goal is to improve the number of reps performed within the 4-minute timeframe. Monitor your progress and aim to surpass your previous score gradually. If 75 pounds is too heavy initially, consider starting with a lighter weight and gradually increasing as you build strength.

Important Note:

Focus on maintaining proper form and technique throughout the exercise to prevent injury. Listen to your body, and if you experience discomfort or pain, stop immediately. It's crucial to prioritize safety and gradual progression over lifting heavier weights if it compromises your form.

Always warm up adequately before attempting the challenge and take the time to cool down and stretch after to aid in recovery and reduce muscle soreness.