

Biceps

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Barbell curl

Hold the barbell in both hands with the thumbs outwards. Keep the hands just outside the hips (standard exercise)

Bend the arms, stabilise the upper body by isometric contraction of the lower back/buttock and abdominal muscles, keep the elbows close to the sides.

By changing the width of the grip you can emphasise different parts of the biceps. A close grip will emphasise the inner part of the biceps (caput breve), a wider grip will put more emphasis on the outer part of the biceps (caput longum).



Concentration curl

Sit on a bench, both legs on one side, create a solid base by putting the feet flat on the floor, keep the lower back straight and the shoulder slightly backwards.

Hold a dumbbell in one hand, turn the hand inwards, put the back of the elbow against the inner leg.

Bend the arm, put emphasis on the upper part of the movement by an extra contraction of the biceps.



Hammer curl

Hold a dumbbell in each hand, turn the hands inwards. Bend the arms keep the hands turned inwards during the entire exercise, keep the elbows close to the sides. This exercise works both the biceps and the brachioradialis (muscle that runs over the outside of the elbow).

A variation to this exercise can be made by moving the weight to the front of the opposite shoulder.



Reverse Barbell curl

Hold the barbell in both hands with the thumb inwards. Keep the hands just outside the hips. Bend the arms, stabilise the upper body. This exercise puts extra emphasis on the M.B. brachioradialis and several wrist extensors.



Dumbbell curl (sitting or standing)

Hold a dumbbell in each hand, turn the hands inwards. Bend the arms and simultaneously, turn the hand outwards (this works the biceps at both functions: bending the arm and supination of the lower arm). At the end of the movement an extra stimulus can be given by elevating the elbow until horizontal.

Note: The sitting position has a slight advantage for isolation of the biceps as it is harder to cheat by rocking the upper body back and forward.

The standing position is preferred when the exercise is more aimed at a functional level.

* text Henk van der Stoep, Sport Physiotherapist DISCLAIMER: Please Read; All the information presented on this Exercise Chart is for educational and resource purposes only. It is NOT a substitute for or an addition to any advice given to you by your physician. Before adhering to any BuildingYourBody information or recommendations you should consult your physician. Please understand that you are solely responsible for the way information of BuildingYourBody is perceived and utilized and you do so at your own risk. In no way will BuildingYourBody or any persons associated be held responsible for any injuries or problems that may occur due to the use of this material or the advice contained within.