

MUSCLE OF THE MONTH

BICEPS



The Biceps are a group of two muscles (long head and short head) that originate at the scapula and insert to the radius to allow for elbow flexion and forearm supination.

Benefits from Strengthening the Biceps

1. Help with pulling your body up (ex: rock climbing, rope climbing, pull-ups, etc.)
2. Improves muscle tone and strength of the arm.
3. You will increase your strength for activities such as tennis, swimming, and boxing.

Stretches for the Biceps

1. Place hand outstretched in front of you on the wall or pole.
2. Take a shoulder width stance with the same side leg as you are stretching directly in front of the pole or wall.
3. Turn your whole body and face the opposite side.
4. You will now be facing away from the arm on the wall.
5. Stop turning your whole body when you feel a slight stretch in your biceps



Sample Biceps Workout

1. <http://www.uwf.edu/FitnessWellness/Exercises/FWUpperBody/BicepExercisesFW/barbellbicepcurls.cfm>
2. <http://www.uwf.edu/FitnessWellness/Exercises/FWUpperBody/BicepExercisesFW/hammercurls.cfm>
3. <http://www.uwf.edu/FitnessWellness/Exercises/FWUpperBody/BicepExercisesFW/inclinebicepcurl.cfm>

Exercises for the Biceps

1. Biceps curl
2. Hammer curl
3. Overhead cable curl
4. Chin up
5. Preacher curl
6. Drag curl
7. Incline seated dumbbell curl
8. Concentration curls

Proper Techniques for Biceps Exercises

1. Perform a 1 -3 light warm up sets
2. Keep elbows locked at your sides. Do not allow too much anterior/posterior movement
3. Raise and lower weights under complete control with a smooth motion
4. Keep back and hips aligned & do not over-arch your back.
5. You can use a spotter to help force out the last few reps of a set.
6. Exhale on the exertion (most difficult) and inhale on the recovery (easiest).
7. Always read instructions for proper use of machines & equipment.