

# MAKE A MUSCLE: BICEPS

Biceps are among the most famous muscles in the body. When somebody asks you to “make a muscle” or “flex,” they aren’t asking you to flex your hamstrings. They want to see your biceps. Looking for a new twist on bicep training? Try the following exercises:

## 1. LYING INCLINE BARBELL CURL

Set an incline bench at a 30 degree angle. Get a barbell and place it at the end of the incline bench. Lay on the bench with your chest against the padding, at the end of the bench. Grasp the barbell with an underhand grip (palms facing up), hands about shoulder width apart. Keeping your eyes up and bending at the elbows only, slowly curl the barbell up as far as possible. Squeeze the biceps at the top of the movement, and then slowly lower back to the starting position. Don’t let your elbows come forward when curling the weight up. Squeeze the biceps hard at the top of the movement for a count of 1-2 for best results. Control the weight on the way down.

## 2. ZOTTMAN CURL

Grasp a set of dumbbells and stand straight up with the dumbbells down at your sides. You should be holding the dumbbells with your arms outstretched with an underhand grip (palms facing up). Curl the dumbbells straight up as high as possible, squeezing the biceps at the top. Then twist at the wrists until your hands are in an overhand position (palms facing down). Slowly lower the weight back to the start position. Twist the weight back to an underhand grip. Don’t rest the dumbbells on your body at any time. Keep the movement slow and controlled. Don’t swing back as you curl the dumbbells up.

Do 3 to 4 sets of each exercise at 10-12 reps and, as always, train hard.

Model - Greg Weston

### EXERCISE 1



### EXERCISE 2

