

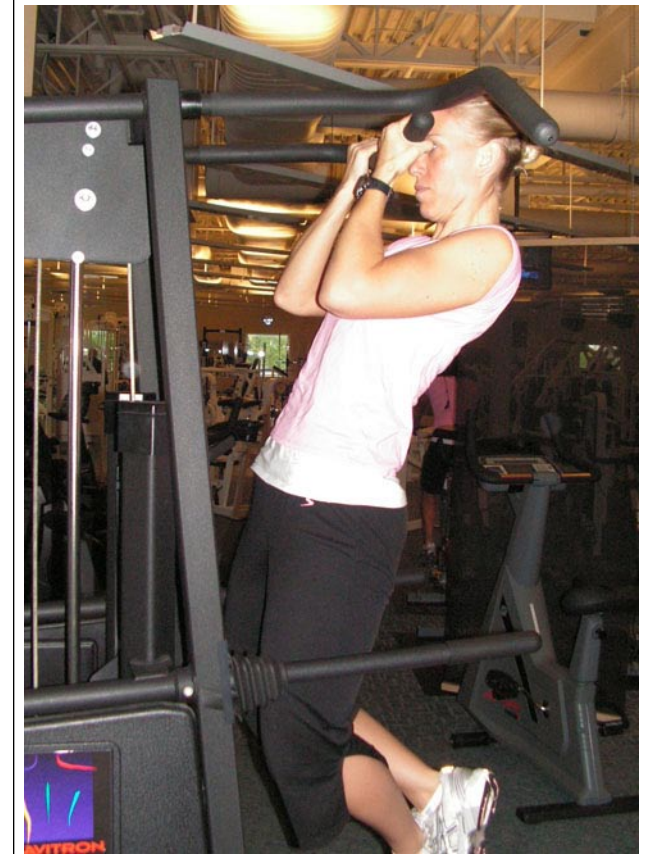
## Exercises for the Biceps (Biceps Brachii)

### Chin-Up

*Major Muscle Group: Biceps brachii*

*Other Muscles Worked: Forearms, Lats*

Hold the chin-up bar with your palms facing you with your hands 15–20 (6–8 in) apart. Pull yourself up and put your chin over the bar. Return slowly to the starting position fully extended. Do NOT swing back and forth. Repeat.



**Concentration Curls**

*Major Muscle Group: Biceps brachii*

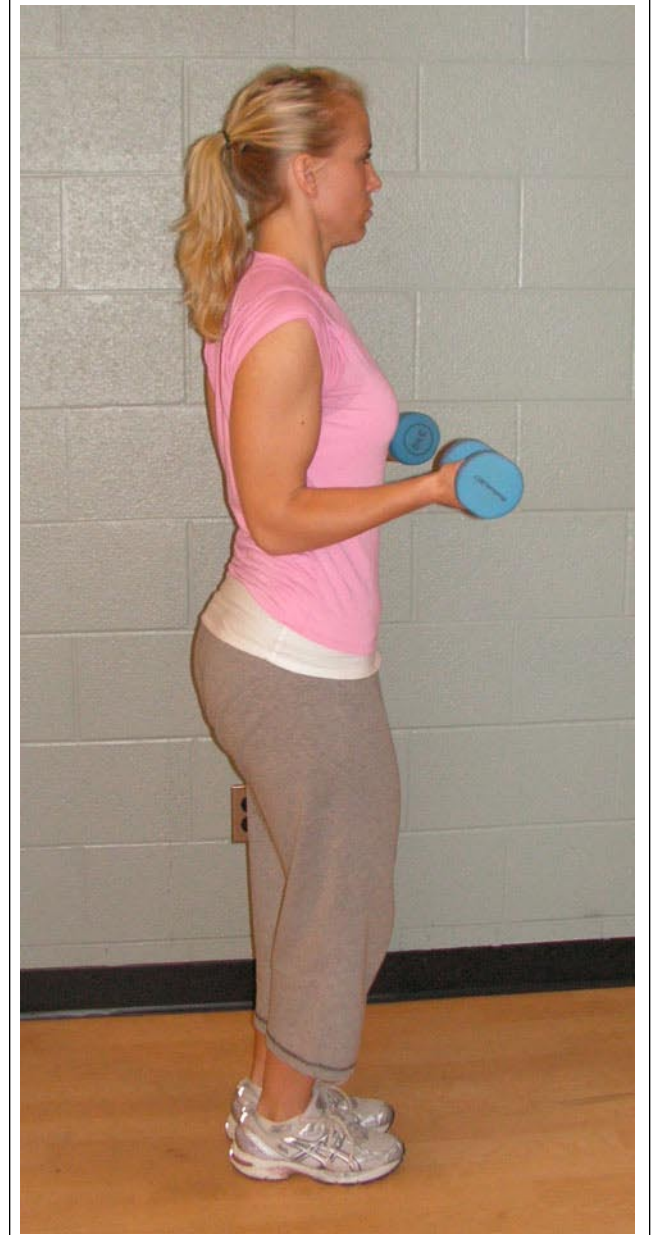
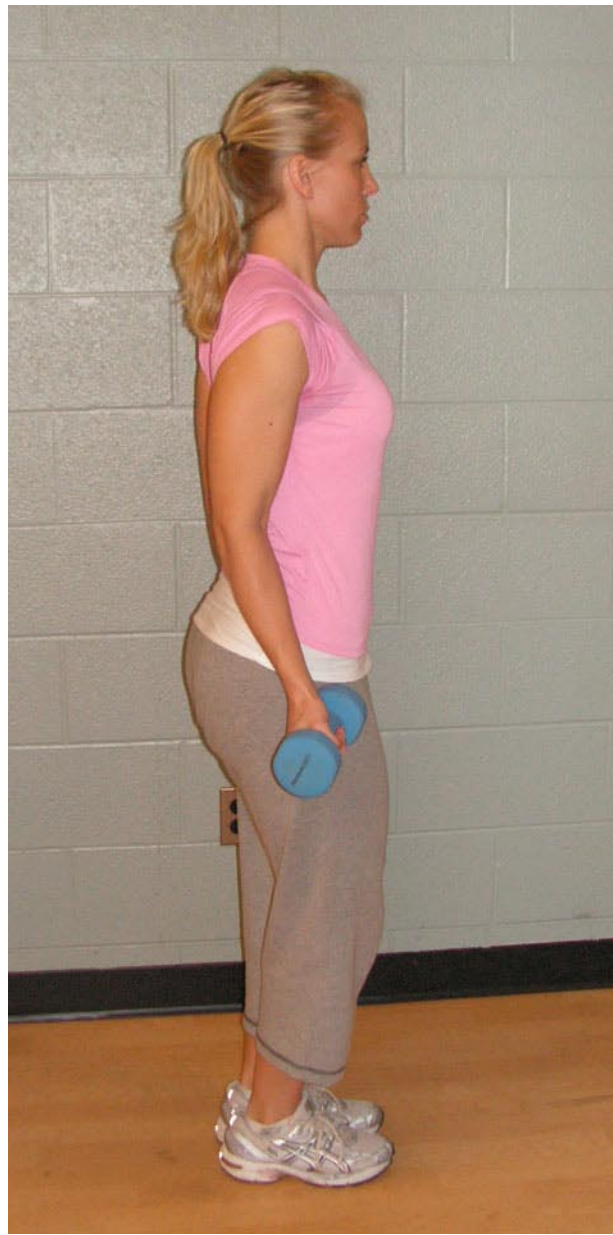
Sit on a flat bench with your elbow resting on the inside of the thigh. Rest your other hand on the top of your other thigh for support. Slowly curl the weight up while keeping the torso, upper arm, and elbow still. As you lift, twist your wrist so that your little finger turns toward your body. Squeeze the muscle at the top and then slowly lower the weight. Repeat.



**Dumbbell Bicep Curls**

*Major Muscle Group: Biceps brachii*

Stand straight up, with your head up and your legs straight. Start with the dumbbells at arm's length with your palms facing in. Curl dumbbells up at the same time, twisting your wrists on the way up, keeping your elbows into your side. Your palms should be facing up when you are at the end of the movement. Do NOT swing, and keep your back straight.



**Barbell Curl**

*Major Muscle Group: Biceps brachii*

Grip the barbell with an underhand grip shoulder-width apart. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders, and hands in a straight line. Curl the bar up toward your chest in an arc keeping your back straight. Keep your elbows close to your sides. Bring the weight up to your chest without swinging the weight. Lower the weight slowly, resisting all the way down until your arms are nearly straight. Repeat.

