

BICEPS

2.0

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STRUCTURE OF THE BICEP

The biceps are one of the most prominent muscles in the upper arm. They are almost invariably the first muscle that gym goers exercise. A peaked bicep is the first pinnacle of achievement we aim to reach in our fitness journey.

The most prominent muscle of the biceps is known as the biceps brachii. It is comprised of two muscles: the short head which is on the inside of the arm and the longus which lies on the outside. The biceps brachii is joined by two additional and powerful muscles: coracobrachialis and the brachialis.



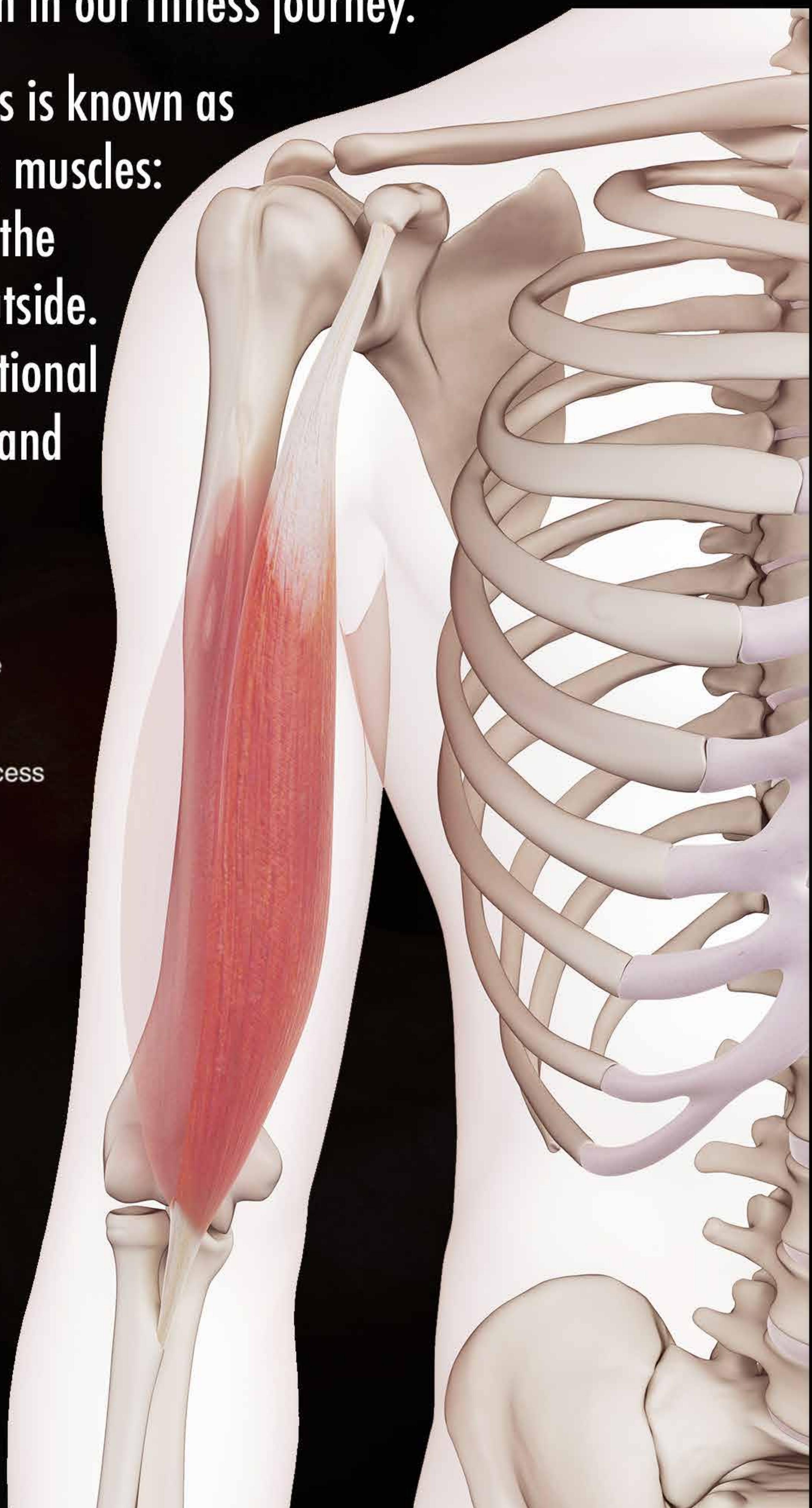
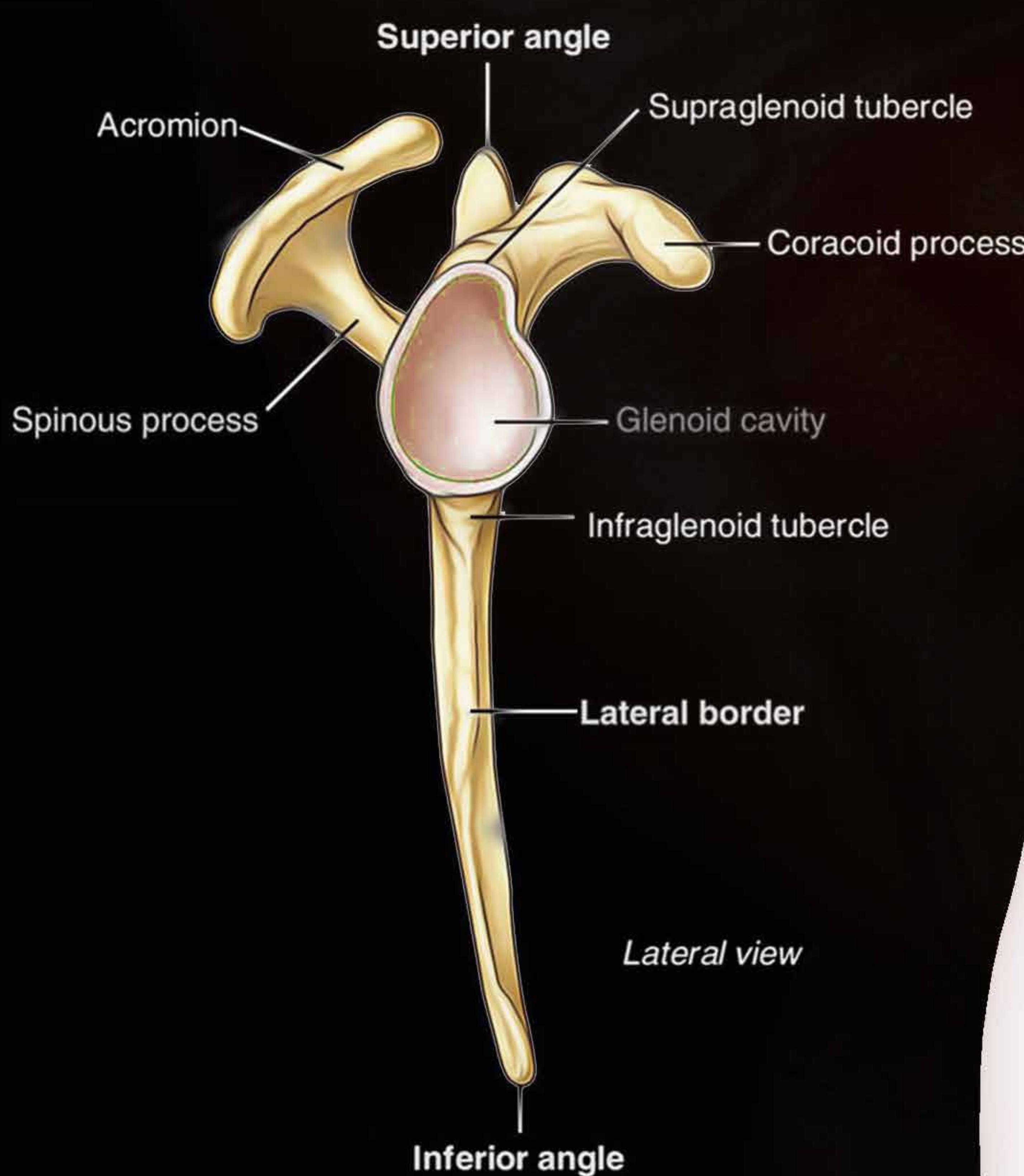
STRUCTURE OF THE BICEP

Biceps Brachii Short head (Brevis):

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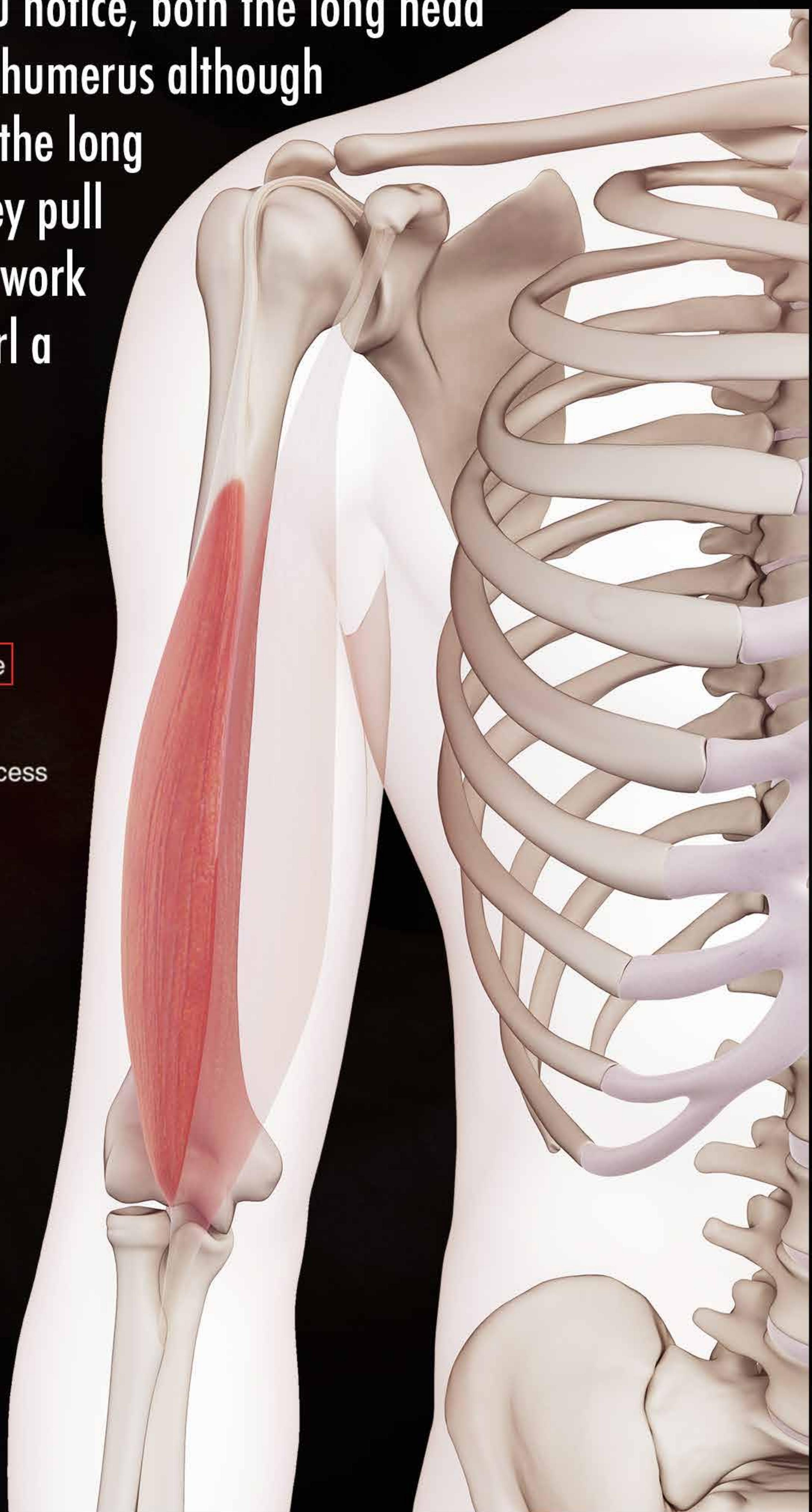
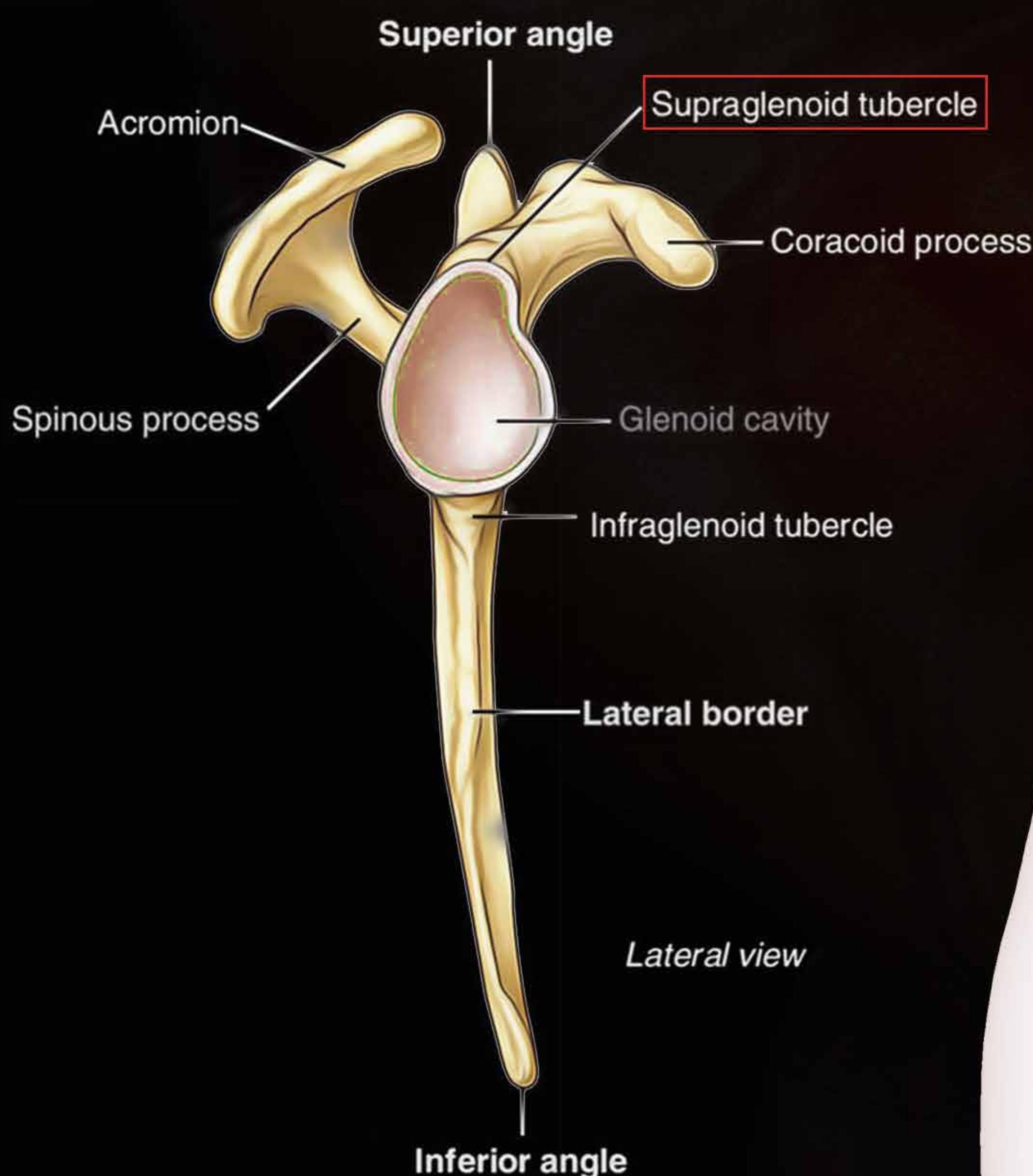
The biceps brachii is joined by two additional and powerful muscles: coracobrachialis and the brachialis.



STRUCTURE OF THE BICEP

Biceps Brachii Long Head (longus):

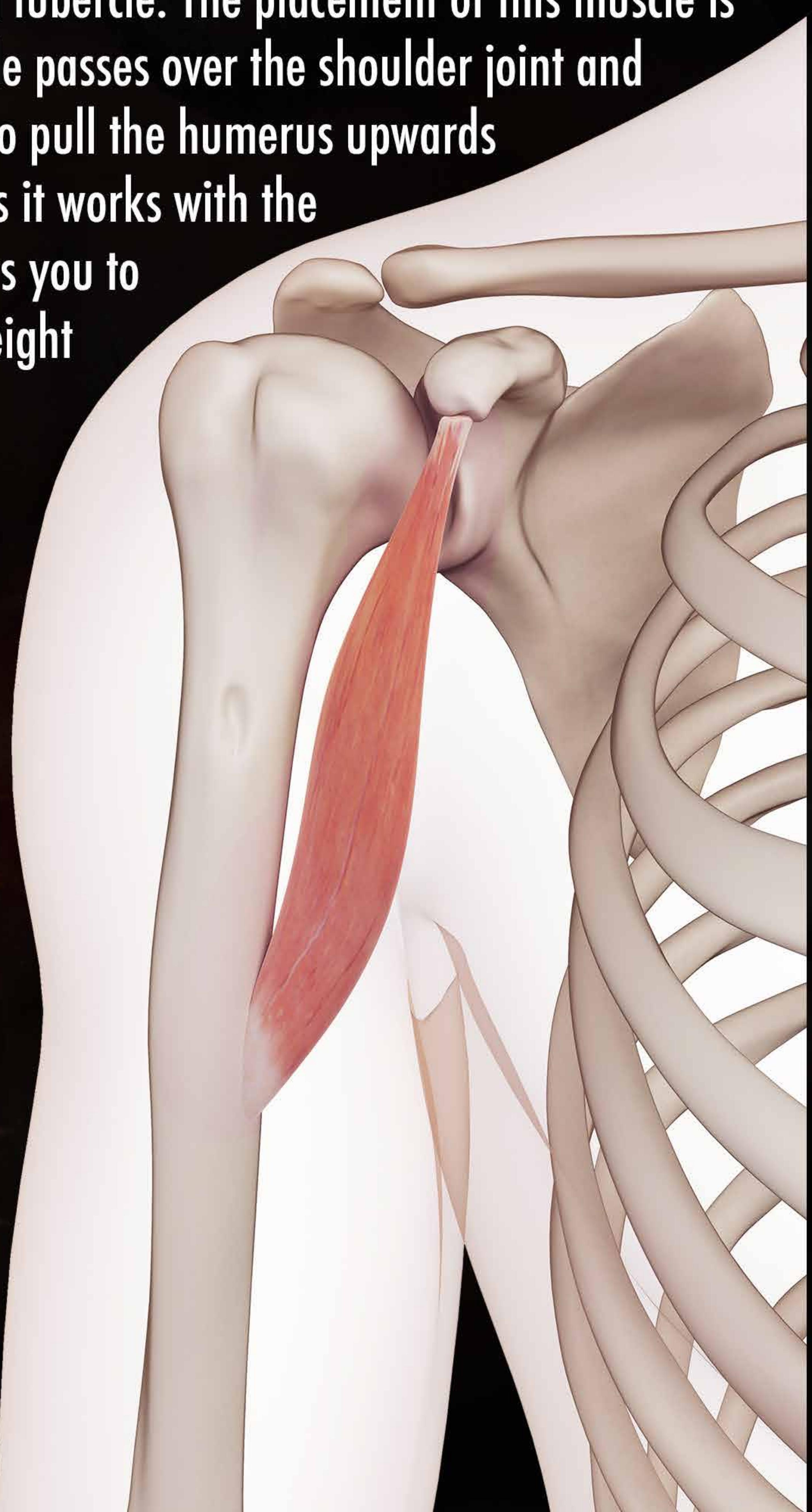
The long head originates at the supraglenoid tubercle of the scapula. Like the short head, the biceps brachii long head inserts into the radial tuberosity and down into the forearm fascia. If you notice, both the long head and the short head do not attach to the humerus although it is the bone it moves and covers. Both the long head and short head work together. They pull the forearms to the shoulder. They also work to supinate the hand so that you can curl a dumbbell weight upwards.



STRUCTURE OF THE BICEP

Coracobrachialis:

Lying “deep”, or under the biceps brachii, is the coracobrachialis. The coracobrachialis originates at the coracoid process of the scapula and inserts into the medial portion of the humerus, near the deltoid tubercle. The placement of this muscle is very important in its function. The muscle passes over the shoulder joint and into the humerus, allowing this muscle to pull the humerus upwards and towards the body. In many functions it works with the deltoid and pectoralis. This muscle allows you to perform exercises where you swing a weight upward forcefully.

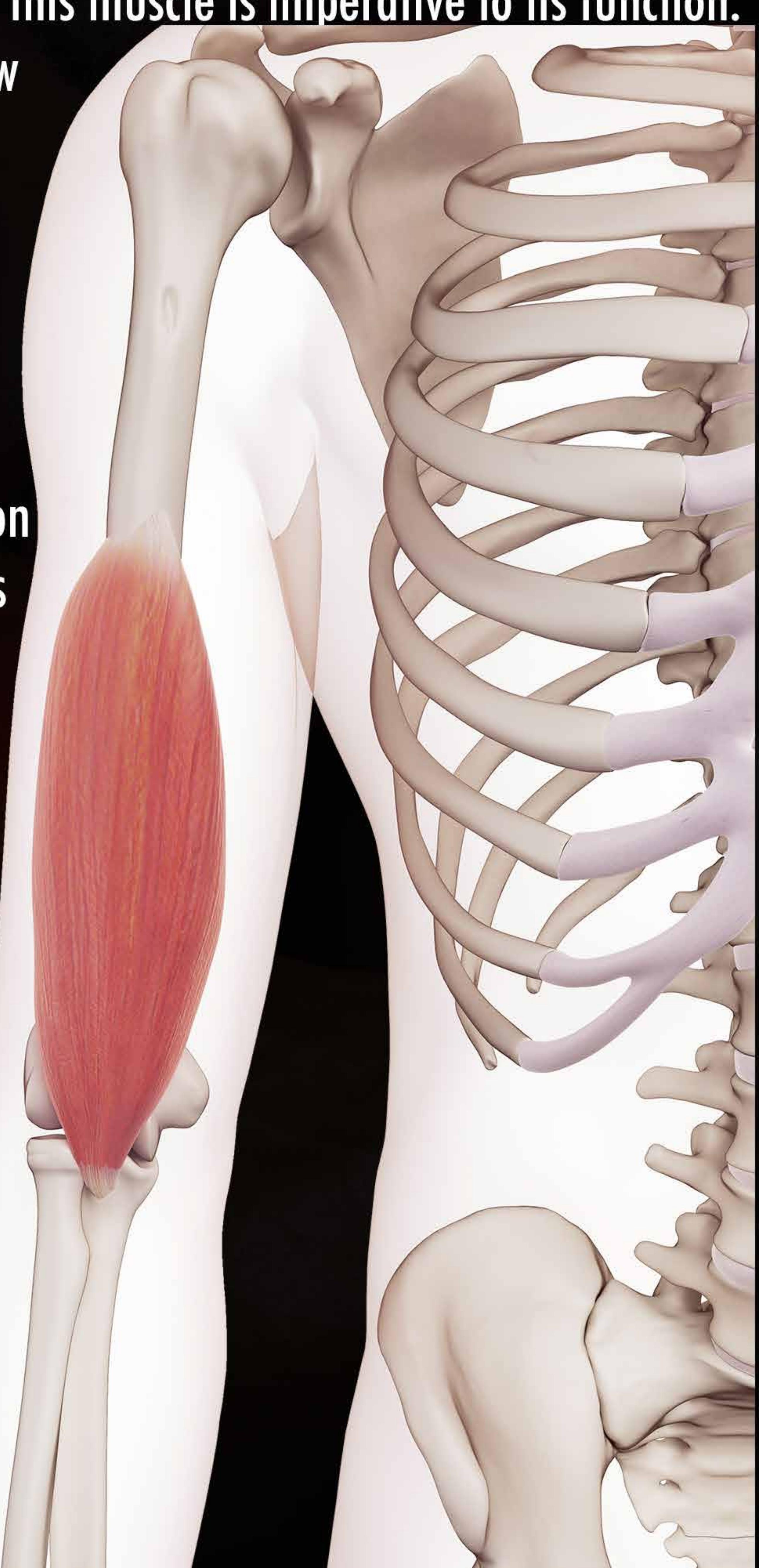


STRUCTURE OF THE BICEP

Brachialis:

The brachialis is the fourth muscle and most distal muscle we will review. The brachialis originates in the lateral and medial surfaces of the humerus. This muscle lies deep beneath the biceps brachii. Insertion of this muscle is imperative to its function, coming from the humerus and over the elbow and into the ulnar tuberosity. This position assists the biceps brachii in bringing the forearms towards the humerus like in the hammer curl.

Like the coracobrachialis, the brachialis is a powerful muscle. Their shortness, and position create direct power upon the joints they cross over. Without these short muscles the biceps would be considerably weaker while not providing diverse functionality on your forearms and shoulders.



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WORKOUT METHODOLOGY

ZOTTMAN CURLS

EXERCISE GUIDE:

- Step 1: Stand with your torso upright and a dumbbell held in each hand.
- Step 2: With elbows tight to your sides. Rotate the dumbbells so that your palms face forward. This is a supinated position.
- Step 3: With the upper arm as stationary as possible, begin to curl the dumbbells to your shoulders with palms up. Make sure to keep your elbows tight by your sides.
- Step 4: Contract your bicep at the top of the motion for 1-2 seconds.
- Step 5: Rotate the dumbbells so that your palms now face downward. Your palms are now in a pronated position.
- Step 6: Begin to lower the dumbbells slowly while keeping your elbows still tight to your sides and palms facing down.
- Step 7: Rotate your palms into a supinated position and repeat for the desired number of sets and reps.

COMMON MISTAKES:

DON'T SWING: The biggest mistake is losing control. Keeping your elbows by your sides and not changing the position of your upper arm is a must. Control the movement, control the spin of the wrists.

WORKOUT METHODOLOGY

ZOTTMAN CURLS



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WORKOUT METHODOLOGY

PRONE INCLINE KETTLEBELL CURLS

EXERCISE GUIDE:

Step 1: Set an incline bench to a 45 - 65- degree incline.

Step 2: Grab two kettlebells in each hand and lay face down on the bench with your chest against the bench pad.

Step 3: Allow the kettlebells to hang straight down with your palms facing up in a supinated position.

Step 4: Curl the kettlebells up towards your shoulders, getting them as high as you can.

Step 5: Lower the kettlebells back down in a controlled manner.

Step 6: Complete for the desired amount of sets and reps.

COMMON MISTAKES:

LIFTING OFF OF THE BENCH: Keep your chest on the bench pad. Do not use your back or shoulders to get the weight up. However, do not go overly light! This movement is best with heavy weight kettlebells.

WORKOUT METHODOLOGY

FRONT DOUBLE BICEP POSE



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WORKOUT METHODOLOGY

DRAG CURLS

EXERCISE GUIDE:

Step 1: Grab a barbell with a supinated grip, elbows planted tight to the side of your torso.

Step 2: As you begin to curl the bar up, drag the bar straight up on your stomach by pulling your elbows backwards and up.

Step 3: Dragging the barbell along your torso, bring it as high as you can get it and hold for a second.

Step 4: Slowly lower the barbell back to the starting position by dragging the bar down the torso.

Step 5: Repeat for the indicated number of reps while going as slow as you can.

Tip: As you can see, you will not be keeping the elbows pinned to your sides, but instead you will be bringing them back. Also, do not lift your shoulders.

COMMON MISTAKES:

You will find that you should not be keeping your elbows pinned to your sides. Rather they are being pulled up and back.

WORKOUT METHODOLOGY

DRAG CURLS



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WORKOUT METHODOLOGY

ISOMETRIC L-SQUARE CURLS

EXERCISE GUIDE:

- Step 1: Begin with a dumbbell in each arm in a supinated position by your sides.
- Step 2: Curl the dumbbells up so your elbows are bent at a 90-degree angle.
- Step 3: Keeping your elbows bent at this position, raise your upper arms in front of you until your elbows reach shoulder height.
- Step 4: Slowly lower the dumbbells back to the position of the 90 degree bend, never lowering it below this point.
- Step 5: Repeat steps 3 and 4 for the number of indicated reps.

COMMON MISTAKES:

Keep your elbows tight, preventing them from flaring out. Also, make sure your palms stay in the supinated position.

WORKOUT METHODOLOGY

' OLSEN CURLS '

EXERCISE GUIDE:

Step 1: Position a free cable machine at shoulder height on both sides with handles on both sides.

Step 2: With a handle in each hand, stand evenly spaced between the cables as if you are about to do a chest fly.

Step 3: Bring the cables together in front of you at stomach height, with elbows bent in curl position. As if you are doing a bodybuilding pose called the front lat spread.

Step 4: Keeping your upper arm in this position, straighten your arms at the elbow.

Step 5: Once again curl the cable to the middle of your body.

Step 6: Repeat for desired reps.

COMMON MISTAKES:

Keep your elbows tight, preventing them from flaring out. Also, make sure your palms stay in the supinated position.

WORKOUT METHODOLOGY

FRONT LAT SPREAD



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ADVANCED BICEP WORKOUT

WORKOUT DAY 1

Movement	Sets	Reps	Intensity	Rest
Zottman Curls	3	12	6	30 seconds
Prone Incline Kettlebell Curls	5	5	8	60 seconds
Isometric L-square Curls	4	8	6	30 seconds
Olsen Curls	4	20	7	30 seconds
Drag Curls	4	20	7	30 seconds



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ADVANCED BICEP WORKOUT

WORKOUT DAY 2

Movement	Sets	Reps	Intensity	Rest
Isometric L-square Curls	4	10	6	30 seconds
Prone Incline Kettlebell Curls	5	5	8	60 seconds
Drag Curls	4	8	7	30 seconds
Olsen Curls	4	20	9	60 seconds
Zottman Curls	4	20	7	30 seconds



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ADVANCED BICEP WORKOUT

WORKOUT DAY 3

Movement	Sets	Reps	Intensity	Rest
Prone Incline Kettlebell Curls	5	6	8	45 seconds
Olsen Curls	5	6	8	45 seconds
Zottman Curls	5	12	7	30 seconds
Isometric L-square Curls	5	20	6	30 seconds
Drag Curls	5	20	6	30 seconds

