

BICEP WORKOUT



① EZ Bar Bicep Curl

- Hold an EZ-bar in an underhand grip either, just inside shoulder width or just outside shoulder width, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back.
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight.
- Return to the starting position under control.



① Cable Bicep Curl

- Grasp bar with an underhand grip, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back.
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight.
- Return to the start position under control.



① Dumbbell Bicep Curl

- Grasp dumbbells with an underhand or neutral grip, keeping elbows tucked into the ribs, brace abs, keep chest up and shoulders down and back.
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight.
- Return to the starting position under control.



② Bicep Body Row

- Grasp the bar with an underhand grip at shoulder level and lower yourself so that you are hanging underneath it, with feet extended out.
- Now, with your core braced and your spine neutral, pull yourself up so that your chin and chest touch the bar.
- Lower to full extension under control and repeat.



① Machine Bicep Curl

- From the seated position, grasp the handles with an underhand grip while placing triceps flat against the support pad.
- Curl up by flexing the elbow joint, while keeping your head up and wrists straight.
- Return to the starting position under control.



KEY:

FX 

FW 

BW 

ISO 

COM 