

Biceps shoulder workout

Here's a **biceps and shoulder workout with weights** designed to hit all major muscles in your shoulders (delts) and biceps for strength and size. This can be done with dumbbells, a barbell, or cables.

Warm-Up (5–7 minutes)

- Arm circles (forward/backward): 1 min each
 - Shoulder rotations with a light band or weight: 10 reps each side
 - Light dumbbell lateral raises: 2 sets of 10–12 reps (very light weight)
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Shoulder Workout (Delts)

1. Overhead Press (Dumbbells or Barbell)

- 4 sets of 8–12 reps
- Keep core tight, press straight overhead, and avoid arching your back.
(Targets front and middle delts.)

2. Lateral Raises (Dumbbells)

- 3 sets of 12–15 reps
- Lift to the sides until arms are parallel to the floor.
(Targets middle delts.)

3. Front Raises (Dumbbells or Plate)

- 3 sets of 10–12 reps
- Raise weights straight in front of you to shoulder height.
(Targets front delts.)

4. Rear Delt Fly (Dumbbells or Cable)

- 3 sets of 12–15 reps
 - Bend slightly forward, raise dumbbells out to the sides, squeeze shoulder blades.
(Targets rear delts.)
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Biceps Workout

1. Barbell or Dumbbell Curls

- 4 sets of 8–12 reps

- Keep elbows close to your torso; don't swing.
(*Primary biceps builder.*)

2. Hammer Curls (Dumbbells)

- 3 sets of 10–12 reps
- Neutral grip (palms facing each other).
(*Targets brachialis & forearms.*)

3. Concentration Curls

- 3 sets of 12 reps per arm
- Sit on a bench, elbow on inner thigh, curl slowly for maximum squeeze.

4. 21s (Optional Finisher)

- 2–3 sets
- Do 7 reps from bottom to halfway up, 7 from halfway up to top, and 7 full curls.

Cool Down / Stretch (5 minutes)

- Cross-body shoulder stretch (20–30 sec per side).
- Overhead triceps/shoulder stretch (20–30 sec per side).
- Biceps wall stretch (20–30 sec per side).

Pro Tips

- Use **progressive overload** (increase weight or reps over time).
- Rest 60–90 seconds between sets for hypertrophy (muscle growth).
- Train shoulders and biceps **1–2 times per week** with at least 48 hours between sessions.

Would you like me to create a **3-day split (Chest/Triceps, Back/Biceps, Shoulders/Legs)** that complements this workout?

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