

# **Biceps Exercise Examples And Demonstration Explanation**

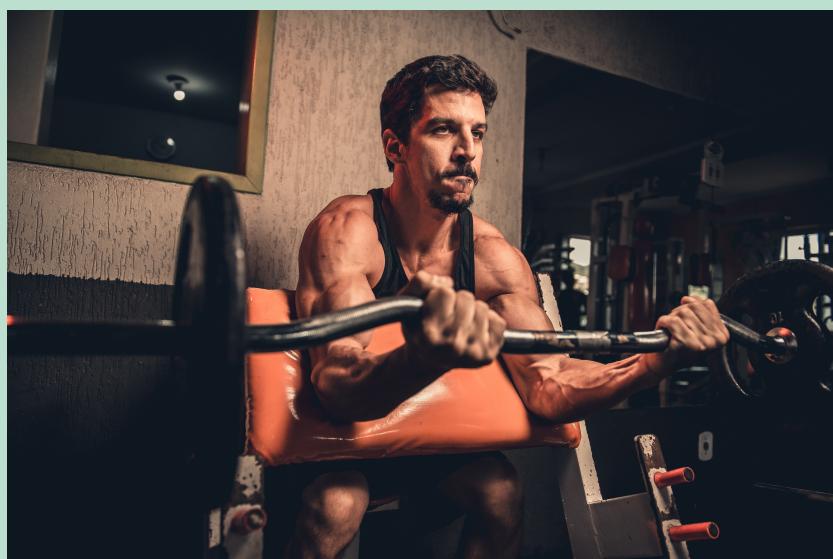
## Dumbbell curl

This is the most easy bicep exercise because it consists of dumbbell and your bicep strength. In this exercise you hold one dumbbell in each hand and then lock your elbow in such a way that when you pull the dumbbell parallel to your face the load don't move just the arm comes in the motion creating stress on your biceps and helping you to gain muscle. This exercise is from beginner to expert 3 sets with 12 reps each on heavy weights and reps will decrease when weight increase.



## Curl-bar preacher curl

This exercise is one of a kind exercise in which you sit on a bench and place your arms on a bench. Then you hold the curl bar in your hands and try to pull that bar towards you this creates the tension in your biceps and bench helps us to fix our arm position which helps us to do this exercise perfectly and without any injury. This exercise has 3 sets with 12 reps each with increasing weight in every set.



## Concentration Curl

This bicep exercise requires one dumbbell you sit on a bench and you fix your elbow on your thighs near your knee. Then hold the dumbbell in that hand and place that parallel to you. Then pull the dumbbell towards your chest and then release it slowly this creates the pressure and pump on the biceps which helps you to create the muscles. This exercise consist of 3 sets with 18 reps each depending on the weights the reps decreases.

