

Exercises

Biceps

STANDING DUMBBELL CURL

We can't start any bicep exercise list without including this classic. And it's a fan favourite for a reason. Nothing targets your biceps more than the curl. But it's important to manage your weights accordingly. Wildly swinging and arching your back in order to lift the dumbbell is a waste of time, and could cause injury. Keep it slow, keep it controlled and focus on squeezing your bicep as you lift.

How?

Stand holding a dumbbell in each hand with your arms hanging by your sides.

Ensure your elbows are close to your torso and your palms facing forward.

Keeping your arms stationary, exhale as you curl the weights up to shoulder level while contracting your biceps



4. DECLINE DUMBBELL CURL
Lying down on your chest will help isolate your biceps as you have no weight running through your legs and core muscles. Change up your grip to help target different parts of your bicep.

How?

Lie chest down against a bench that's set to a 45-degree incline. Bend your elbows – don't move your upper arms – and curl the dumbbells up to your shoulders. Pause, then lower back to the start position.



INCLINE DUMBBELL CURL

Setting the bench to incline puts more pressure on the long head of your biceps brachii because you're now working from a deficit. In other words, you're starting from point where you have less leverage than normal. Note: as this exercise requires more effort, you will need to lighten the load.

How?

Start by lying with your back against a bench that is set to a 45-degree incline.

Bend your elbows and curl the dumbbells as close to your shoulders as you can.

Next, lower the weight (slowly) back to your starting position, ensuring you completely straighten your arms.

Hammer Curl

The difference is in the detail, specifically the way you hold the dumbbell. By flipping the dumbbell on its side helps transfer more of the work from your biceps brachii to your brachialis – that's the muscle that makes your arms look thicker.

How?

Let a pair of dumbbells hang at arm's length next to your sides with your palms facing your thighs. Don't move your arms. Instead, bend your elbows and curl the dumbbells as close to your shoulders as possible.

Pause at the top – remember to squeeze – before slowly lowering the weight back to the starting position.

