

NOW YOU CAN NOW HAVE RIPPED

BICEPS

By Shane Doll, CPT

Model George Moultrie

This month the spotlight is on exercises to develop the biceps. When it comes to building bigger arms, the “old school” movements are still the best. I’ll take traditional barbell and dumbbell curls over seated machines any day. If you want to show off your arms this summer, you don’t need fancy equipment; simply put some weight on the bar and start slinging some iron.

1. Barbell Straight Bar Curl: Grab a straight bar with an open grip and hands at shoulder width. Keep your elbows against your side and curl the bar upward. Make sure you keep your knees slightly bent and your hips pushed outward. This will keep you from straining or possibly injuring your lower back from swinging the weight.

2. Dumbbell Hammer Curls: Grab two dumbbells with your arms at your side and palms facing inward. Keep your elbows against your side as you curl both dumbbells upward. Maintain the same hand position throughout the exercise. Keep your knees slightly bent and your hips pushed out for proper form.

3. Standing Cross Cable Curls: Grab two handles while standing in the middle of a cross-cable gym with the pulleys set at shoulder height. Extend your arms out at shoulder height and pull the handles back in towards your ears. Maintain constant tension on the biceps by not allowing the weight stack to come to a rest between reps.

4. Squatting Cable Curls: Squat down low in front of a cable machine and grab a curl bar with both hands. Place your elbows inside your knees for support and curl the bar up. Keep the weight on your heels so you don’t rock forward. Once again maintain constant tension on the biceps by not allowing the weight to come to a rest between reps.

5. Barbell Straight Bar Reverse Curl: Grab a straight bar with a closed grip and hands at shoulder width. Keep your elbows against your side and reverse curl the bar upward. Once again, for proper form, maintain the “ready position” with your knees slightly bent and hips pushed back.

Shane Doll, CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To learn more about strength training, weight loss, nutrition and other health and fitness topics go to www.shapingconcepts.com

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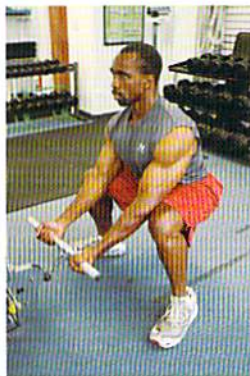
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