

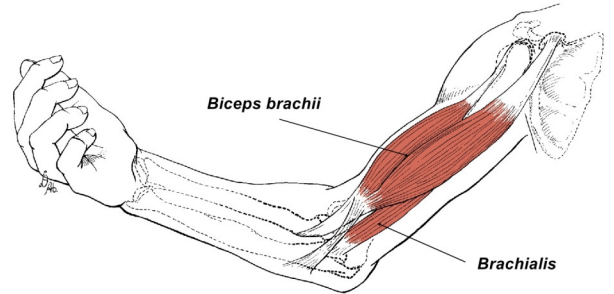


Healthy Habits Exercise Series

Week 7: Biceps

Role of Biceps

The biceps are made up of two muscles – biceps brachii and brachialis. Both muscles are involved in elbow flexion. The biceps brachii helps in supination (rotating forearm with palm facing up), which is used when swinging a racquet in tennis or squash.



Biceps Exercises

<p>Bicep Curl</p>	<p>Position two dumbbells to sides, palms facing up, arms straight.</p> <p>With elbows to sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides. Biceps may be exercised simultaneously or alternating.</p>
<p>Hammer Curl</p>	<p>Position two dumbbells to sides, palms facing each other, arms straight.</p> <p>With elbows to sides, raise one dumbbell until forearm is vertical and thumb faces shoulder. Lower to original position and repeat with alternative arm. Biceps may be exercised simultaneously or alternating.</p>
<p>Reverse Curl</p>	<p>Grasp bar with shoulder width over hand grip. Palms are facing down.</p> <p>With elbows to side, raise bar until forearms are vertical. Lower until arms are fully extended. Repeat.</p>
<p>Concentration Curl</p>	<p>Sit on bench. Grasp dumbbell between feet. Place back of upper arm to inner thigh. Lean into leg to raise elbow slightly.</p> <p>Raise dumbbell to front of shoulder. Lower dumbbell until arm is fully extended. Repeat. Continue with opposite arm.</p>

Resource: <http://www.exrx.net/Exercise.html>