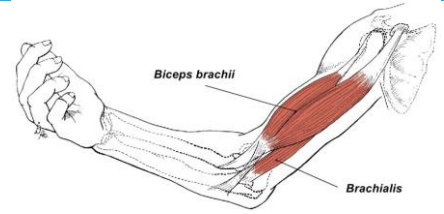


HEALTHY HABITS

BUILD-A-BICEP

The Role of our 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 the forearm with the palm facing up), which is used when swinging a racquet in tennis or squash.



Bicep Exercises

Complete 12-15 reps of each exercise, three times



Bicep Curl

Position two dumbbells at your sides with palms facing up and arms straight. Raise one dumbbell and rotate your forearm until it is vertical and your palm faces your shoulder. Lower your arm to the original position and repeat with the opposite arm. Continue to alternate between sides. Alternatively, you can exercise both arms simultaneously.



Hammer Curl

Position two dumbbells at your sides with palms facing each other and arms straight. Raise one dumbbell until your forearm is vertical and your thumb faces your shoulder. Lower your arm to the original position and repeat with the opposite arm. Continue to alternate between sides. Alternatively, you can exercise both arms simultaneously.



Reverse Curl

Grasp the bar with an overhand grip with hands shoulder-width apart. Palms should be facing down. With elbows to your sides, raise the bar until your forearms are vertical. Lower the bar until your arms are fully extended.



Concentration Curl

Sit on a bench. Grasp a dumbbell between your feet and place the back of your upper arm to your inner thigh. Lean into the leg to raise your elbow slightly. Raise the dumbbell to the front of your shoulder. Lower the dumbbell until your arm is fully extended. Repeat with the opposite arm.

Note: We advise that you consult with a health care practitioner before beginning any new exercise program.

Sources: www.exrx.net/Exercise.html