

Biceps Muscles, Functions and Exercises:



Anatomy of the Biceps Muscles

The Biceps **Brachii** - The muscles on the front of the upper arms

The **Biceps Brachii** is attached to the forearm bone called the radius and originates at the scapula in two places (the **Bicep** gets its name from these two heads - called the short head and the long head).

The **Biceps** runs down the anterior or front side of the humerus and makes up approximately 1/3 of the muscle mass of the upper arm.

The **Biceps** are among the most famous muscles in the body. When somebody asks you to "make a muscle", they aren't asking you to flex your hamstrings. They want to see your biceps!

Functions

The primary function of the **Bicep** muscle is to move the forearm towards the shoulder (elbow flexion).

The secondary function of the **Bicep** is supination of the forearm. This means turning the hand from a palms-down position to a palms-up position.

Exercises

Exercises that work the Biceps Brachii muscles include:

- **Standing Barbell Curls**
- Alternating dumbbell curls
- Incline dumbbell curls
- Preacher curls.

Standing Barbell Curls

The **Standing Barbell Curls** exercise is one of the most common exercises used in the gym. It is used to work the Brachii muscles of the Biceps.

Primary Muscles Worked:

- Biceps Brachii - The muscles on the front of the upper arms

Description:

The Standing Barbell Curl is one of the most common biceps (the muscles on the front of the upper arm) exercises as well as one of the most effective and easiest to learn.

How To Do Standing Barbell Curl

- Grasp a barbell with a palms-up, shoulder-width grip.
- Without swaying, swinging or lifting at the shoulders and keeping your upper arms at your sides, lift the barbell up in a wide arc from your thighs up to shoulder level. Lower and repeat.
- Body position is very important with the barbell curl
- Keep your chest high and your shoulders down and back.
- It is also very important that you keep your knees slightly bent in order to take stress off your lower back.

Hints for Performing Standing Barbell Curls:

- Take a narrow grip (inside shoulder-width) on the barbell.
- This activates the biceps muscle more strongly than a shoulder-width or outside shoulder-width grip.
- You will not be able to use as much weight as with a wider grip but you will get increased bicep muscle recruitment during the movement.

Biceps Exercises: includes all the most effective exercises to train the arm muscles and especially the biceps. Every exercise for the biceps is animated in 3D, highlighting the anatomical part of the muscle targeted during the execution of the movement.

Biceps Training: this muscle is a true obsession of bodybuilders and beyond. In the process of building a harmonious body, the bicep muscle must be proportional to the shoulder and vice-versa. In fact, overly developed bicep muscles often do not stand out because they are overshadowed by overly enlarged shoulders. For this reason we suggest you constantly modify your biceps training based on the growth rate of your deltoid muscles.

Bicep Anatomy: as the name implies, the bicep muscle is made up of two ends. The bicep determines the bending of the elbow and allows lifting of the hand toward the face. It also allows the forearm to turn to a flat position.

Exercises:

Alternating Curls

Stand up with your legs spread to the width of your shoulders. Hold your torso straight. Stretch your arms completely along your sides. Keeping your arm and shoulder immobile, bend your forearm. While doing this, your elbow must remain motionless to avoid involving the front shoulder muscles and isolate the workload on the biceps. Return to the starting position and perform the same movements with the other arm.

Barbell Curls

Legs apart the width of the shoulders, and slightly bent, so as to avoid loading the weight on your back. Your arms extended down your sides. Keep your torso perfectly straight. Bend your forearms bringing them towards your chest. While doing this, your elbows must remain in their original position. Remember, you must not curve your torso backwards. Return to the starting position.

Concentration curl

Sit down on a bench. Curve your torso slightly forward and lean your elbow on your knee. Your arm is completely extended. Bend your forearm, bringing it near your biceps. Return to the starting position fully stretching out your arm.