

ရင်အုပ်လေ့ကျင့်ခန်းများ

Chest Exercise Guides

Barbell Bench Press - Medium Grip

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



What NOT To Do:



Tips: Lie on a flat bench and firmly position your feet flat on the floor a little more than shoulder width apart. Keep your back flat on the bench! Using a grip broader than shoulder width, hold the barbell above your body, then lower slowly to the middle of your chest. Without bouncing the weight off your chest, drive the barbell up over the middle of your chest until your arms are straight and your elbows are locked. Lower the bar down slowly.

Barbell Incline Bench Press - Medium Grip

Exercise Data

လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Main Muscle Worked: Chest
Other Muscles Worked: Triceps, Shoulders
Equipment: Barbell
Mechanics Type: Compound



Tips: Set the incline bench at about a 45 degree angle. Sit on the bench with your feet flat on the floor a little more than shoulder width apart. Position your back firmly against the bench. Using a grip slightly wider than shoulder width, hold the bar over your upper chest with your arms straight. Slowly lower the bar and make slight contact with your upper chest area. Drive the weight straight up over your chest until your elbows are locked, or close to it.

Bent-Arm Barbell Pullover

Exercise Data

Main Muscle Worked: Chest
Other Muscles Worked: None
Equipment: Barbell
Mechanics Type: Compound



Tips: Lie on a bench, head over the end, with your feet flat on the floor. Hold bar with hands about 14" apart. Keep elbows in at all times! In a semi-circular motion, lower the bar to the floor slowly and as far as comfortable. Pull bar back using the same path. Keep your head down and do not raise your hips. Can also be done with dumbbells or with your arms straight.

Bent-Arm Dumbbell Pullover

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Lie on a bench, head over the end, with your feet flat on the floor. Lower weights in a semicircular motion towards floor. Go as low as you can without pain. Go back up using the same path. Keep your elbows in! Can also be done with your arms straight, or with two dumbbells (one in each hand).

Butterfly

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Also known as the Pec Deck Fly. Sit at the machine with your back flat on the pad. Place your forearms on padded lever. Position your upper arms approximately

parallel to the ground. Push levers together slowly and squeeze your chest in the middle. Return until chest muscles are stretched fully. Repeat.

Cable Crossover

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Cable

Mechanics Type: Isolation



Tips: Hold the stirrup cable attachments that are attached to a high pulley. Stand about one foot in front of the weight stacks with a handle in both hands. Lean slightly forward and put one foot in front of the other (for balance). Your front knee should be slightly bent. Bring your hands around and in front of your body in a hugging motion with your elbows slightly bent. You should be pulling down at a slight angle. Focus on using just your chest muscles. When your hands meet directly in front of your midsection, squeeze the muscles and then slowly return to the starting position. Your elbows should stay in the same slightly bent position the whole time. Do not walk out too far in front of the pulley system or bend over too much!

Close-Grip Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Just like the Barbell Bench Press but with your hands only 12 - 14" apart, centered over your body. Works more of the inner pectorals and triceps.

Decline Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Lie on a decline bench, hold barbell about 6" wider than shoulder width. Lower bar to about 3" below nipples. Raise bar all the way up while keeping your elbows out and your chest high. Lower weight with complete control. Keep your head on the bench and do not arch your back. Can also be done with a close or wide grip, or with DUMBBELLS.

Decline Dumbbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Like the Dumbbell Bench Press but on a decline bench. This works more of the lower chest.

Decline Dumbbell Flyes

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Using a decline bench, hold dumbbells together at arms' length above your shoulders, palms facing each other. Keep arms as straight as possible with a slight bend in the elbow. Lower dumbbells out to each side of your chest in a semicircular motion. Return to chest using the same path. Keep head and back firmly on the bench and your feet on the floor.

Dips - Chest Version

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Same as the Triceps Version, except you are leaning forward, which works more of the lower chest. Using the parallel bars, grip the handles and push yourself up to your starting position. With elbows close to body and hips straight, lower body until shoulders are slightly stretched. Push body up in same posture and repeat. You can bend and cross your legs or keep them straight. You can add weight by using a Dip Belt.

Dumbbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Sit on the edge of a flat bench with dumbbells on your knees. In one smooth motion, roll onto your back while bringing the dumbbells up to a position slightly outside and above your shoulders. Your palm should face forwards. Bend your elbows at a 90 degree angle so that your upper arms are parallel to the ground. Press the weights up over your chest in a triangular motion until they meet above the centerline of your body. As you lift, concentrate on keeping the weights balanced and under control. Then, follow the same path downward until your arms are slightly below parallel to the floor.

Dumbbell Flyes

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Sit down on a flat bench with a dumbbell in each hand. Then lie back, keeping the dumbbells close to your chest. Lift the dumbbells over your chest by extending your arms. Maintain a slight bend in your elbows. Keep your hips and shoulders flat on the bench and your feet on the floor. Lower the dumbbells to the sides of your body in an arc-like motion. At the lowest point, your bent elbows should be on a horizontal plane even with the bench. Slowly bring the weights back up over your chest in an arc. The bend in your elbows should stay the same throughout the exercise.

Flat Bench Cable Flyes

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Cable

Mechanics Type: Isolation



Tips: Position a flat bench between two cables so that when you are laying on it, your chest will be lined up with the cables. Lay flat on the bench and keep your feet on the ground. Grab each stirrup attachment with a palms up grip. Slightly bend your elbows and keep this bend through the whole movement. (Do not bend more or less!) Squeeze

your chest and pull the cables together. Touch them together above your chest. Slowly lower down until your chest muscles feel completely stretched. Repeat. Can also be done on an incline or decline bench, or with dumbbells.

Hammer Grip Incline DB Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Grab a dumbbell for each hand. Lay on the bench with the head, shoulders, and butt firmly on the bench and the feet firmly on the floor. Pull the shoulder blades together to form a solid pressing surface. Use a hammer grip (palms facing each other). Lower the weight evenly to the sides of the chest. Drive the weights in a straight line up to the starting position. Maintain a tight midsection throughout execution. Drive the feet through the floor. Can also be done on a flat bench or decline bench.

Incline Cable Flye

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: This is like the flat bench flye, except you are lying on a low incline bench (about 30 degrees). Hold the handles above the top portion of your chest with your arms almost straight. You should keep a slight bend in them. Slowly lower the handles in a wide arc to shoulder level and then return to the starting position along the exact same path. Keep tension on your pecs throughout the movement and squeeze hard at the top.

Incline Dumbbell Bench With Palms Facing In

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Same as the Incline Dumbbell Press but with your palms facing towards each other at all times. Keep your arms close to your sides.

Incline Dumbbell Flyes

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Same as the Dumbbell Flyes but on an incline bench. Works more of the upper chest.

Incline Dumbbell Flyes - With A Twist

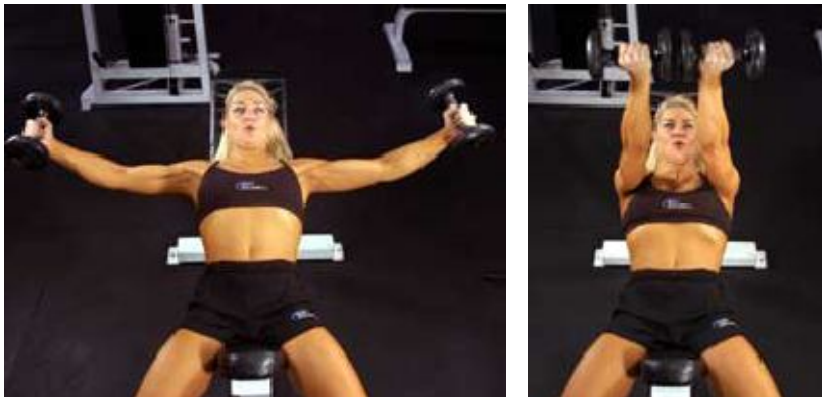
Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Like the Incline Dumbbell Flyes but on the way up twist your arms so that your pinky finger face each other at the top.

Incline Dumbbell Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Sit on the edge of an incline bench set at about a 45-degree angle. Pick up a dumbbell in each hand and place them on your thighs. Then, one at a time, raise them up to your shoulder level while you press your back and shoulders firmly against the bench. Press the weights back up to a point over your upper chest, with your palms facing forward. Lower the weights slowly. Inhale as you lower the weights and exhale as you lift.

Isometric Chest Squeezes

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Biceps

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Bend your arms and place your hands together in front of your chest. Push both hands against each other and hold for the required number of seconds. Remember to breathe throughout the isometric contraction!

Machine Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: This is like a normal bench press but using a machine. Follow the directions on the machine that you choose. Be sure to go slow during each rep.

One Arm Dumbbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: This is an exercise that you should not attempt with excessively heavy weight, due to the imbalance it can create during execution. With that in mind, the one-arm dumbbell bench is a great tool to promote balance and control because it allows you to strengthen your support muscles, without which you will continue to have rotator pain. This is like the regular Dumbbell Bench Press but with one arm at a time. Start by lying on a flat bench with one dumbbell in one hand and the other hand at your side, holding the side of the bench.

One Arm Floor Press

Exercise Data

Main Muscle Worked: Chest
Other Muscles Worked: Triceps
Equipment: Barbell
Mechanics Type: Compound



Tips:

| Lay lateral to a power rack or a slightly elevated platform | Knees should be bent, a tight arch must be placed by the low back causing contracted lats, glutes, and abs
| Grip the bar either with two hands or with the help of a partner out of the rack
| Slowly lower the bar so the elbow touches the floor, take a full pause without releasing tension | Drive the bar up by pushing the body into the floor and flaring the lats

One-Arm Flat Bench Dumbbell Flye

Exercise Data

Main Muscle Worked: Chest
Other Muscles Worked: None
Equipment: Dumbbell
Mechanics Type: Isolation



Tips: Hold a dumbbell in one hand and lie on your back on a flat bench with your feet flat on the floor. Grab the bench near your hip with your free hand. Hold the dumbbell out to the side at chest level with your elbow bent and palm facing up. Lift the weight up in a semicircular motion like you were giving a one-arm hug. Make sure your back stays flat on the bench at all times! After the dumbbell has gone past the midline of your body, return slowly to the starting position. Repeat for reps, then switch arms. Start with low weight until you are used to it!

Push-Ups (Close and Wide Hand Positions)

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Same as the regular Push-Up but with your hands in a close or wide position, to work more of the inner or outer chest.

Push-Ups With Feet Elevated

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Kneel down on the floor and place your hands flat on the floor and slightly wider than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on a stand that is 18 inches high. The higher the stand the greater intensity of the exercise! At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that you are looking down toward the floor. This is the starting position. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. You can also do this with a weight plate on your back!

Push-Ups With Feet On An Exercise Ball

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Exercise Ball

Mechanics Type: Compound



Tips: This is just like the normal Pushups but you put your lower shins on an exercise ball. This causes you to use more of your stabilizer muscles and gives you a better overall workout.

Pushups

Exercise Data

လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Main Muscle Worked: Chest
Other Muscles Worked: Triceps, Shoulders
Equipment: Body Only
Mechanics Type: Compound



Tips: Kneel down on the floor and place your hands flat on the floor and slightly wider than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on the floor, so that your knees are off the floor and your legs are straight. At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that you are looking down toward the floor. This is the starting position. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. If you need to reduce the intensity of this exercise you can perform the pushup from your knees.

Smith Machine Bench Press

Exercise Data

Main Muscle Worked: Chest
Other Muscles Worked: Triceps, Shoulders
Equipment: Machine
Mechanics Type: Compound



Tips: Same as the Barbell Bench Press but with a Smith Machine.

Smith Machine Incline Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: Just like the Barbell Incline Bench Press but with a Smith Machine.

Straight-Arm Dumbbell Pullover

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Lie on a bench, head at the end, with your feet flat on the floor. Start with your hands flat against the inside plate of the dumbbell at arms' length above chest. Lower dumbbell in semicircular motion behind head as far as possible without pain. Keep your

elbows as straight as you can. Return dumbbell to starting position. Can also be done with a barbell.

Wide-Grip Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Same as the Barbell Bench Press but with a grip that is as wide as you can go safely. Keep your head on the bench and do not arch your back. Exhale on the way up.

Wide-Grip Decline Barbell Bench Press

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Triceps, Shoulders

Equipment: Barbell

Mechanics Type: Compound



Tips: Same as the Decline Barbell Bench Press but with a wider grip.

Triceps Exercise Guides

Bench Dips

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Place two flat benches parallel to each other, about three to four feet apart. Sit on one bench facing the other, with your hands grasping the side of the bench. Using your hands to support your weight, lift your feet to the top of the other bench so that the rest of your body is suspended between the two benches. Cross one foot over the other. Slowly lower your body toward the floor by bending your elbows until your upper arms and forearms form a right angle. Do not go below a 90-degree angle, as this can stress your shoulders. Slowly raise back up to the start position by straightening your arms. You can also place a weight plate on your upper legs for added resistance!

Cable Lying Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Lie on a bench and grasp a short bar with a narrow overhand grip. With your arms extended, position the bar over your forehead. Lower the bar by bending the elbow. Go down to your forehead. Do not move your elbows! They should stay in the same place at all times. Extend the arm back to the starting position. Repeat.

Cable One Arm Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: With your right hand, grasp a stirrup handle attached to the high-cable pulley using an underhand grip. You should be standing directly in front of the weight stack. Pull the handle down so that your upper arm and elbow are locked in to the side of your body and your upper arm and forearm form a right angle. Feeling the contraction in your triceps, pull the stirrup handle down to your side until your arm is straight. Squeeze and then slowly return the handle to the starting position. Finish your desired number of reps, then switch arms.

Cable Rope Overhead Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Attach a rope to the bottom pulley. Grasping the rope in both hands, start with your hands directly above your head, knuckles aimed at the ceiling. Slowly lower the rope behind your head, pause when your triceps are fully stretched, and return to the starting position and repeat. Keep your upper arms and elbows firmly in place next to the sides of your head, with the only movement occurring at your elbow joint. Your elbows should be pointing straight up. You can also do this seated with a back support bench, or you can use a dumbbell instead of the rope.

Close-Grip Bench Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Equipment: Barbell

Mechanics Type: Compound



Tips: Lie on a flat bench. Hold a barbell with both hands with a close grip, about 8 - 12 inches apart. Keeping your arms close to your sides, lower the bar until it touches

your chest, approximately 1 inch below your nipples. Return to starting position, concentrating on using your triceps to push.

Decline Dumbbell Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Position yourself face up on an incline bench. With a dumbbell in each hand, extend your arms until they are perpendicular to your torso. From this position, relax your triceps until your biceps make contact with your forearms. Reverse this action to return to the starting position, keeping your elbows stabilized (motionless) throughout the exercise.

Decline EZ Bar Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Position yourself face up on an incline bench. Using an EZ bar, extend your arms until they are perpendicular to your torso. From this position, relax your triceps until your biceps make contact with your forearms. Reverse this action to return to the starting position, keeping your elbows stabilized (motionless) throughout the exercise.

Dip Machine

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: If you can't perform regular dips with your bodyweight, you can use a dip machine. Follow the directions on the machine that you use.

Dips - Triceps Version

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest, Shoulders

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Using the parallel bars, grip the handles and push yourself up to your starting position. With elbows close to body and hips straight, lower body until shoulders are slightly stretched. Push body up in same posture and repeat. You can bend and cross your legs or keep them straight. To work the triceps, keep your body STRAIGHT up and down and do not lean over. Leaning over would work more of the lower chest. You can add weight by using a Dip Belt.

Incline Barbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold a barbell with hands a little closer together than shoulder width. Lie on an incline bench and position your head at the top. Press bar overhead to arm's length. Lower the bar in a semicircular motion behind your head until your forearms touch your biceps. Keep your upper arms close to your head. Return to the starting position. Can also be done with straight bar, 2 dumbbells, seated or standing or with 2 dumbbells and your palms facing in.

Kneeling Cable Concentration Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Hold a stirrup handle attachment that is connected to a high pulley with your right hand. Kneel on your left knee with your left side toward the machine. Keep your right knee bent and your upper thigh parallel to the floor. Keep your right elbow and upper arm against your inner thigh at all time. Extend your arm down in a semicircular motion until arm is vertical and your elbow is locked. Return slowly to the starting position.

Kneeling Cable Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Place a bench sideways in front of a high pulley machine. Hold a straight bar attachment above your head with your hands about 6 inches apart with your palms down. Face away from the machine and kneel. Place your head and front of your upper arms on the bench. Keeping your upper arms close to your head at all times! Start with your forearms and biceps touching. Press the bar out in a semicircular motion until elbows are locked and your arms are parallel to the floor. Return slowly to the starting position.

Low Cable Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Position yourself face up on the bench of a seated row station. Your head should be towards the attachment. Using a tricep rope, grab the outside of the rope ends with your palms facing in. Start with your elbows bent at a 90 degree angle and your upper arms vertical. Extend your lower arms until they are vertical WITHOUT moving your elbows from the starting position. Squeeze your triceps, then slowly return to the starting position.

Lying Close-Grip Barbell Triceps Extension Behind Head

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold barbell or EZ Curl bar with hands about 8 inches apart. Lie on your back with your head close to the end of the bench. Position bar behind head. Keep upper arms close to your head and parallel to the floor with your lower arms vertical to the floor. Push bar up in a semicircular motion until lower arms are also parallel to the floor. Return to starting position slowly. NEVER move your elbows or upper arms!

Lying Close-Grip Barbell Triceps Press To Chin

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Lie on your back on a flat bench with your head off the end. Hold a barbell or EZ Curl bar with hands about 6 inches apart. Press bar to your arm's length above your shoulders. Lower bar in a semicircular motion to chin, bending arms at your elbows, keeping your upper arms vertical. Return to starting position. Never move your elbows!

Lying Dumbbell Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Lay down on a flat bench with your head at the very end of the bench. Hold a dumbbell around the end with both hands (palms facing up). Your arms should be pointed almost straight up, but tilted a little towards your head. While keeping your upper arms and elbows completely still, lower the dumbbell until it is behind your head. Do not let your elbows flare outward. Slowly lift the dumbbell back to the starting position where your elbows are locked or nearly locked. Repeat.

Lying Triceps Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Sit on a flat bench holding an EZ-Curl bar with an overhand grip. Lie back so that the top of your head is even with the end of the bench. At the same time, extend your arms over your head so that the bar is directly over your eyes. Keep your elbows tight and your upper arms stationary throughout the exercise. Holding your upper arms in a fixed position (this is key), slowly lower the bar until it almost touches your forehead.

Then press the bar back up in a slow, sweeping arc-like motion. At the finish, lock your elbows completely.

Lying-Supine Two-Arm Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Lie on your back on a flat bench with two dumbbells at arm's length above your shoulders. Lower dumbbells in a semicircular motion, bending arms at your elbows, keeping upper arms vertical until forearms touch your biceps. Return to starting position. Can also be done on the floor, seated or standing, or with a barbell.

One Arm Pronated Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Lay on a bench with your lower back pressed flat against the bench so you don't overarch and create any pain. Hold one dumbbell at arms length above your chest area. Your arm should be perpendicular to the floor. The palm of your hand that is holding the dumbbell should be facing toward your feet. The other hand should be positioned on the bicep of the arm holding the dumbbell for support. If your are holding the dumbbell in your right arm you should inhale and slowly lower the dumbbell to your left shoulder. It is important to lower the dumbbell exactly to this point on your shoulder because this ensures the proper flexion angle of your elbow joint! Your elbow is the only area where movement should be occuring. Don't let your upper arm move around during the exercise!

One Arm Supinated Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Lying on a flat bench grip a dumbbell with a supinated grip(underhand). Hold the dumbbell overhead with your arm straight. You can support your arm if you need to with your other arm by holding on near your elbow. Bend your elbow and lower the dumbbell toward the top/side of your head. Keep your palm facing down toward the floor. Extend your elbow by contracting your tricep to return to your starting position.

Pushups - Close Tricep Position

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Kneel down on the floor and place your hands flat on the floor, closer than shoulder width apart. With your shoulders directly over your hands, straighten your arms. Move your feet back, placing your toes on the floor, so that your knees are off the floor and your legs are straight. At this point, your body should form a straight line from your shoulders to your ankles. Your body should remain straight throughout this exercise. Keep your head and neck in line with your body so that you are looking down toward the floor. In a controlled fashion, lower your body down toward the floor, bending your elbows, until your body is nearly touching the floor. Now, push your body up away from the floor, straightening your arms, until you have returned to the starting position. If you need to reduce the intensity of this exercise you can perform the pushups from your knees instead of from your toes!

Reverse Grip Tricep Pushdown

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides. From here, fully flex and extend your elbows while keeping

your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat, athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

Reverse Triceps Bench Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest

Equipment: Barbell

Mechanics Type: Compound



Tips: Lie on a flat bench, with the barbell at arm's length above shoulders with a reverse grip and hands about 16 inches apart. Lower bar until it touches about 1 inch below nipples. Press bar back to starting position. Keep elbows in close to your sides at all times. Can also be done on a Smith machine.

Seated Bent-Over One-Arm Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold dumbbell in your right hand with your palm facing in. Sit at the end of a bench with your feet flat on the floor. Draw right upper arm to your side, keeping your lower arm vertical. Press dumbbell back in a semicircular motion until entire arm is parallel to the floor. Squeeze tricep at the top. Lower slowly to the starting position. Your elbow or upper arm should NEVER move!

Seated Bent-Over Two-Arm Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold dumbbells with your palms in. Sit at the end of a flat bench with your feet flat on the floor. Bend over as far as possible. Pull upper arms up to your sides, keep your lower arm vertical. Press dumbbells back in a semicircular motion until entire arm is parallel to the floor. Squeeze your triceps at the top. Never move your elbows or upper arms! You can do this with one arm at a time as well.

Seated Overhead Barbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold barbell or EZ Curl bar with your hands about 6 to 8 inches apart. Sit at the end of a flat bench with your feet firmly on the floor and your back straight. Raise bar overhead to arm's length. Lower bar behind your head in a semicircular motion until your forearms touch your biceps. Return to starting position. Your elbows and upper arms should NEVER move. Can also be done standing.

Seated Triceps Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Sit on a bench with a straight back, feet flat on the floor, and back firmly against the bench. Grasp one end of a dumbbell with both hands (palms up) and raise it above your head, locking the elbows. With your elbows held in place and squared, slowly lower the dumbbell behind your head until you feel a stretch in your triceps. Press the weight back up, following a slight arc until the elbows lock and the weight is once again about your head.

Smith Machine Close-Grip Bench Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: Chest, Shoulders

Equipment: Machine

Mechanics Type: Compound



Tips: Same as the Barbell Close-Grip Bench Press but with a Smith Machine.

Standing Bent-Over One-Arm Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold dumbbell in your right hand with your palm in. Bend over until upper body is parallel to the floor. Pull your right upper arm to your side and keep your lower arm vertical. Press dumbbell back in a semicircular motion until entire arm is parallel to the floor. Return to starting position. Switch arms after a full set. NEVER move your elbow or upper arm! Can also be done with two arms at a time.

Standing Bent-Over Two-Arm Dumbbell Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold two dumbbells, palms facing in. Bend over until your upper body is parallel to the floor. Pull your upper arms up to your sides but keep your lower arms vertical. Press dumbbells back in a semicircular motion until entire arm is parallel to the floor. Squeeze triceps at the top. Return to starting position. Your elbows and upper arms should NEVER move. Can also be done with one dumbbell at a time.

Standing Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold a dumbbell with both hands at the end, raise over to arm's length. Stand straight up, with your head up and your feet about 16 inches apart. Your palms should be facing up and gripping the dumbbell around the top plate. Keep your arms close to your head and your elbows in the SAME place during the entire movement. Lower dumbbell in a semicircular motion behind your head until your forearms touch your biceps. Return to starting position.

Standing Low-Pulley One-Arm Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Compound



Tips: Hold a stirrup handle that is attached to a low pulley with your left hand and turn away from the machine. Raise your left hand directly over your left shoulder to arm's length. Keep your upper arm completely vertical. Put your right hand on your left elbow to help keep it steady. Bend your left arm at your elbow in a semicircular motion until your forearm touches your biceps. Press up to the starting position. Keep your elbow close to your head and do not move it! Finish set and then repeat with your other arm.

Standing One-Arm Dumbbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold dumbbell in right hand and raise overhead to arm's length. Stand straight up, with your head up and feet at shoulder width. Keep upper arm close to your head. Lower dumbbell in a semicircular motion behind head until forearm touches your bicep. Return to starting position and repeat for your other arm after you finish this set. Your elbow and upper arm should NOT move at all. Can also be done with both arms on one heavier dumbbell or with a barbell.

Standing Overhead Barbell Triceps Extension

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Hold barbell or EZ Curl bar with hands about 6 to 8 inches apart. Raise bar overhead to arm's length. Lower bar in a semicircular motion behind head until your forearms touch your biceps. Keep your upper arms close to your head. Do not move your elbows! Return to starting position. Can also be done seated.

Standing Towel Tricep Extension

Exercise Data

Main Muscle Worked: Triceps

လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Other Muscles Worked: None

Equipment: BodyOnly

Mechanics Type: Isolation



Tips: Hold one end of a towel or rope with both hands. Stand straight up with your head up and feet at shoulder width. Lower your forearms down until they touch your biceps. Then raise your arms overhead while keeping your elbows and upper arms in and next to your head. They should not move during the whole exercise! Have a training partner hold the other end of the towel for resistance. Lower back to starting position slowly while partner resists.

Tate Press

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Lay on a flat bench with a dumbbell in each hand. Start with the dumbbells on your chest, next to each other. Make sure your elbows are straight out from your body and your palms are facing towards your legs. Without moving your upper arm or elbows at all, extend your arm until it is straight. Go slow on the way up, then slowly lower the

dumbbells down to your chest. Do not rest the dumbbells on your chest at the end of each rep.

Tricep Dumbbell Kickback

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Stand to the right of a flat bench. Bend your left knee and rest it on the bench, and place your left hand ahead of you on the bench for balance. Your back should be as straight as possible. Pick up a dumbbell in your right hand. Bend your arm and raise your elbow up to shoulder height. Make sure the elbow stays close to the side of your body. Let the dumbbell hang. Press the weight back until your forearm is parallel to the floor. Squeeze your tricep and then slowly return to the starting position. Finish one set, then switch sides and arms. Only your upper arm should move... NOT your elbow! Look straight ahead at all times.

Triceps Pushdown

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Using a high-cable pulley, grasp a short straight bar with an overhand grip. Your hands should be about 10 inches apart. Position your forearms so they are parallel to the floor. Keep your feet shoulder width apart and bend your knees slightly. Keep your elbows locked in close to your body and your wrists straight. Keep your WHOLE body steady, push the bar down as far as possible towards your legs, locking your arms and feeling the triceps full contract. Keep the upper arms close to the body. Return to the starting position using the same motion. Never move your elbows or torso! Stay standing straight up.

Triceps Pushdown - Rope Attachment

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Same as the Triceps Pushdown except with the rope attachment. At the bottom of the movement you should pull the rope "apart" to get the best contraction in your triceps.

Triceps Pushdown - V-Bar Attachment

Exercise Data

Main Muscle Worked: Triceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Just like the Triceps Pushdown with a straight bar but with the V-Bar attachment. Can also be done with a rope attachment.

Biceps Exercise Guides

Alternate Hammer Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Same as the Hammer Curl but you alternate arms. Do one arm, then do the other, then back to the other arm again.

Alternate Incline Dumbbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Just like the Incline Dumbbell Curl but you only do one arm at a time. Do one arm, then the other. Each set of two raises counts as one rep.

Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and

squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

Cable Hammer Curls - Rope Attachment

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Attach a rope attachment to a low pulley. Stand face forwards and about 12 inches away from the machine. Grasp the rope with a palms-in grip and stand straight up. Put your elbows at your side and KEEP them there during the entire movement. Your elbows should not move. Pull your arms up until your biceps touch your forearms, keeping your palms in a facing in position. Slowly return to the starting position and repeat.

Cable Preacher Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Cable

Mechanics Type: Isolation



Tips: This is just like the normal preacher curl, which is done with a barbell. Place a preacher bench about 2 feet in front of a pulley machine. Attach a straight bar to the low pulley. Sit at the preacher bench with your elbow and upper arms firmly on the bench pad. Do not let your elbows or upper arms move! Pull the weight up towards your shoulders and squeeze at the top. Do not rock your body... go slowly. Lower the weight to the starting position and start.

Chin-Up

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms, Lats

Equipment: BodyOnly

Mechanics Type: Compound



Tips: Hold the chin-up bar with a reverse grip (palms facing you) with your hands about 6 to 8 inches apart. Pull yourself up and try to touch either your chin or upper chest to the bar. Return slowly to the starting position. Do NOT swing back and forth! Using this grip works more of your biceps than your back or lats.

Close-Grip EZ Bar Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Barbell

Mechanics Type: Isolation



Tips: This is like the normal EZ Bar Bicep Curl, but with a closer grip which works the outer part of the biceps more. Grab a cambered EZ Curl bar and hold it on the innermost ridges. Your two hands together should be in the shape of a big V. While standing, hold the bar at arm's length in front of you. Curl the bar up while keeping your elbows in the same place. Do not swing! Contract your biceps as far as you can go, then slowly return to the starting position.

Close-Grip Standing Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Works more of the outer biceps. Hold barbell with both hands, palms up and about 12 inches apart. Stand straight up with your head up and feet about shoulder

width. Curl bar up in a semicircular motion until forearms touch your biceps. Keep your upper arms and elbow close your sides and do NOT move them during the entire lift. Do NOT swing or use momentum to lift the weight. Can also be done with a medium or wide grip.

Concentration Curls

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Sit on the end of a flat bench. Spread your legs apart into a V and lean forward slightly. Grasp the dumbbell in one hand with your palm facing upward. Rest your elbow on the inside of your thigh and let the dumbbell hang. Rest your other hand on the top of your other thigh for support. Slowly curl the weight up while keeping the torso, upper arm and elbow still. As you lift, twist your wrist so that your little finger turns towards your body. Squeeze the muscle at the top and then slowly lower the weight.

Cross Body Hammer Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Grab a dumbbell in each hand and put your hands down at your side with your palms facing in. Keep your palms facing in and without twisting your arm, curl the dumbbell up towards your opposite shoulder. Touch the top of the dumbbell to your shoulder and then slowly lower the dumbbell along the same path. Repeat for the opposite arm.

Drag Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Barbell

Mechanics Type: Isolation



Tips: The late Vince Gironda, the “Iron Guru.” used to force everyone at his old gym in Studio City to try these if larger biceps were a stated goal. To perform drag curls, keep the elbows in back of you rather than pinned at your side. Using an overhand grip, curl the bar up and at the same time keep it in contact with your torso. In effect, you are dragging it up. Be sure not to let the elbows or shoulders rise up or this can turn into a half-ass upright row real fast. You won't need much weight to make your brachialis burn and ache like there are lumps of liquid fire buried within your outer biceps.

Dumbbell Alternate Bicep Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Just like the Dumbbell Bicep Curl except you alternate each hand, curling one dumbbell at a time.

Dumbbell Bicep Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Stand straight up, with your head up and your legs straight. Start with the dumbbells at arm's length with your palms facing in. Curl dumbbells up at the same

time, twisting your wrists on the way up. Your palms should be facing up when you are at the end of the movement. Do NOT swing and do NOT move your elbows. They should stay in the same place during the whole movement. Keep your arms close to your side. This one is easy to cheat on... so don't do it! You can also do this with a barbell, or by alternating one hand at a time.

EZ-Bar Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Barbell

Mechanics Type: Isolation



Tips: Just like a normal barbell curl, but with an EZ Curl bar. Position your hands so they are on the curve that causes your palms to face inwards.

Hammer Curls

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: With a dumbbell in each hand, stand with your arms hanging at your sides, palms facing each other. Keep your elbows locked into your sides. Your upper body and elbows should remain in the same place during the whole lift. Keeping your palms facing each other, curl the weight in your right hand up in a semi-circle toward your right shoulder. Squeeze the biceps hard at the top of the lift and then slowly lower. Do not turn your wrists during this lift! You can also do one arm at a time and/or alternate.

Incline Dumbbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Sit on an incline bench and hold a dumbbell in each hand. Keep your shoulders square and your chest up. Press your upper back and shoulders against the bench. Let your arms hang downward with your palms facing each other. Slowly curl the weight in your right hand out and up to shoulder level, while turning your wrist so that your thumb is on the outside. Squeeze your bicep at the top and then slowly lower the weight back down. You can also do this standing or by doing one arm at a time.

Incline Inner Biceps Curl

Exercise Data

လေ့ကျင့်ခန်းများသရုပ်ပြရှင်းလင်းသင်ပြချက်များ

Main Muscle Worked: Biceps
Other Muscles Worked: None
Equipment: Dumbbell
Mechanics Type: Isolation



Tips: Lie back on an incline bench and hold dumbbells at arm's length, palms in. Curl dumbbells up and out, keeping forearms in line with your outer deltoids. Lower dumbbells using the same path. You can also do this standing or seated.

Lying Cable Curl

Exercise Data

Main Muscle Worked: Biceps
Other Muscles Worked: Forearms
Equipment: Cable
Mechanics Type: Isolation



Tips: Grab a short cable bar that is attached to the low pulley with both hands, using an underhand grip. Lie flat on your back in front of the weight stack with your feet flat against the frame of the pulley machine. Your legs should be straight. Rest the bar on your thighs and slightly bend your arms. Without moving your elbows, curl the bar up slowly toward your chest. Squeeze the biceps for a second and then slowly return to the starting position. Don't bend your knees or lift your head off of the ground!

Lying Close-Grip Bar Curl On High Pulley

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Place a flat bench in front of a high pulley or lat pulldown machine. Hold bar with both hands, palms down, about 8 inches apart. Lie on your back with your head over the end of the bench. Extend arms straight about your shoulders. Curl bar down in a semicircular motion until it touches chin. Keep upper arms vertical at all times. Return to starting position using the same path. You can also curl down to above your head, rather than to your chin.

Lying High Bench Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: The model above is doing this on a regular bench. To get a full range of motion, do it on a high bench if possible. Lie face forward on a tall flat bench. Have upper body

down to upper pectorals over end of bench. Hold barbell with both hands, palms up, and about 12 inches apart. Curl bar up in a semicircular motion until forearms touch your biceps. Keep upper arms vertical to the floor. Return to starting position using the same path. Can also be done with a straight barbell.

Lying Supine Dumbbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Lie on a flat bench and start with the dumbbells as far down towards the floor as you can go. You may be flexible enough to go further down than the model above. Start with your palms facing in, then curl the dumbbells up, twisting your palms as they come up so your little finger is towards your body. Go down SLOWLY.

Machine Preacher Curls

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Machine

Mechanics Type: Isolation



Tips: Just like normal Preacher Curls but on a machine. Follow the exact directions that are on the machine that you choose.

One Arm Dumbbell Preacher Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Using a preacher bench, hold one dumbbell in your right arm with your palm up. Support your arm and elbow against the pad and do not move them during the lift. Curl dumbbell up until the forearm touches the bicep. Lower to starting position using the same path. Finish set and switch arms. Can also be done with 2- arms or a regular barbell.

Overhead Cable Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Attach the stirrup attachment to two overhead cable pulleys. Stand between them and grasp the handles with an underhand grip. Hold your arms straight out to your sides so your body is forming a "T" and put your hands at about the same height as your head. With your elbows staying in the same place, curl your hands toward your shoulders. Your elbows should not go up or down, and they should not go forward! Squeeze for a moment and return to the starting position.

Preacher Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Using a preacher curl bench and an EZ curl bar, make sure the seat is adjusted to the right height. When you sit, the seat should not be so low that the shoulders are elevated nor so high that you're hunched over the pad. Grasp the bar using a shoulder width grip. Curl the bar upward in an arc. As you begin, be careful not to swing or rock to get it moving. The goal is to make the exercise hard on the biceps. Curl the bar towards your chin, but keep in mind that the resistance is greater at the beginning of the rep. Go down SLOWLY and work the muscle on the way down as well. Can also be done with two dumbbells or one arm at a time.

Preacher Hammer Dumbbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Position yourself on a preacher bench. Hold two dumbbells in your hands with your palms facing each other. Make sure your elbows and upper arms stay on the bench at all times! Lower the dumbbells to the bottom position where your arms are straight. Curl up while keeping your palms facing in. Go up as far as you can or until your forearms touch your biceps. Return slowly to the starting position, repeat. You can also do this with one arm at a time or alternating.

Reverse Plate Curls

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Other

Mechanics Type: Isolation



Tips: Grasp a weight plate with a reverse grip. Your hands should be in an 11:00 o'clock and a 1:00 o'clock position on the plate. Curl the weight up and slowly return. This exercise works on grip strength as well as the biceps and forearms!

Seated Close-Grip Concentration Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Place barbell on the floor near the end of a bench. Sit at the end of the bench with your feet about 24 inches apart. Bend forward at the waist, hold bar with both hands, palms up, about 6 inches apart. Rest elbows on your inner thighs about 4 inches up from your knees. Curl bar up in a semicircular motion until your forearms touch your biceps. Go down using the same path. Do not move your torso or upper arms during the lift!

Seated Dumbbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Sit at the end of a bench with your feet firmly on the floor. Keep your back straight and head up. Start with the dumbbells at arm's length and your palms facing in. Curl the weight up and twist your wrists once they pass your thighs. Squeeze your biceps at the top, then slowly lower the weight. Do not swing! Can also be done standing. The seated position helps prevent bad form.

Seated Dumbbell Inner-Bicep Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Works the inner biceps. Sit at the end of a bench with your feet firmly on the floor. Start with the dumbbells at arm's length with your palms facing in. Curl dumbbells out and up, turning palms out as you lift, keeping your forearms in line with outer deltoids. Lower the dumbbells to starting position using same path. Can also be done standing.

Spider Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Millions of trainers rep away on the sloped side of preacher benches all over the world, not knowing that a better exercise is just 180 degrees away. By turning the pad around and performing spider curls on the straight-edged side of the bench, you get almost twice the range of motion. Spider curls allow you to lower the bar all the way to the bottom of the movement, giving you a stretch that will equate to more productive reps.

Seeing as just about everyone wants bigger biceps, spider curls deserve to bump preacher curls off the list of “mandatory” arm exercises.

Standing Bicep Cable Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Stand facing the low pulley. Hold a short bar attached to the low cable with your palms up. Stand back from the pulley about 1 or 2 feet and extend your arms straight down. Curl bar up in a semicircular motion until your forearms touch your biceps. Keep your upper arms close to your sides and your elbows in the SAME place. Slowly return to the starting position.

Standing Inner-Biceps Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Stand straight up and keep your feet at shoulder width. With two dumbbells, start with your arms straight down at your sides with your palms facing in. Curl dumbbells up and out, rotating your wrists to a palms up position. Your forearms should stay in line with your outer delts. Lower dumbbells slowly using the same path.

Standing One-Arm Cable Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Cable

Mechanics Type: Isolation



Tips: Hold the right stirrup handle that is attached to a low pulley with your right hand. Stand far enough from the machine so the weight is supported with your arm at the side. Curl the handle up, turning your palm up when it clears your thigh. Curl until your

biceps touch your forearms. Keep your upper arm close to your side at all times. Slowly return to the starting position, turning your palm inwards when nearing your thigh. Repeat with your right arm.

Standing One-Arm Dumbbell Curl Over Incline Bench

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Good if you don't have a preacher curl bench! Stand behind an incline bench. Hold dumbbell in one hand, palm up with your upper arm and elbow on the bench. Curl dumbbell up using a semicircular motion until your forearm touches your bicep. Return to the starting position using the same path. Keep your elbow on the bench at all times! Next, do your other arm.

Two Arm Dumbbell Preacher Curl

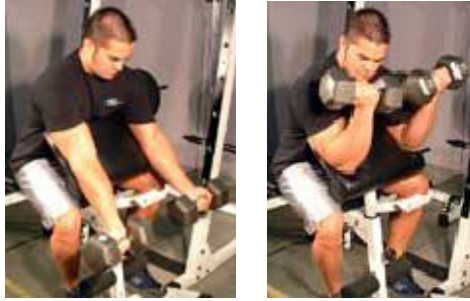
Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Sit a preacher bench with two dumbbells. Rest your arms and elbow on the slanted pad. Curl dumbbells up in a semicircular motion until forearms touch the biceps. Return to starting position using same path. Keep your elbows on the pad at all times! Can also be done with a barbell, EZ-Curl bar or with one arm at a time.

Wide Grip Standing Barbell Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: None

Equipment: Barbell

Mechanics Type: Isolation



Tips: Stand with your feet shoulder width apart and your back straight and head up. Grab a barbell and grip it as wide as you can comfortably go. Curl bar up in a semicircular motion until forearms touch your biceps. Keep your upper arms and elbows at your sides and do not move them during the entire lift. Do NOT swing! Can also be done with close or medium grip.

Zottman Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold two dumbbells at arm's length and stand straight up. Turn your palms up and curl both dumbbells up toward your shoulder. Keep your upper arms against your side at all times! When you reach the top, rotate your wrists so that your palm faces almost straight down. Your thumb will be a little higher than your pinky. Go back to the starting position and repeat. You can also do these one arm at a time alternately or over a preacher bench.

Zottman Preacher Curl

Exercise Data

Main Muscle Worked: Biceps

Other Muscles Worked: Forearms

Equipment: Dumbbell

Mechanics Type: Isolation



Tips: Hold one dumbbell and position your upper arm on a preacher bench. Turn your palm up and curl the dumbbell up toward your shoulder. Keep your upper arm flat against the bench at all time! When you reach the .
