

# Bigger Biceps

Stop wasting time with the same outdated arm-curl routine you've been

## Close-



Grab a chinup bar with an underhand grip, your hands spaced about 6 inches apart. Hang with your arms straight. Keeping your face ahead and your elbows pointed down, pull yourself up until the bar is directly under your chin. Then lower yourself to the starting position.

Stare straight ahead at all times--it will limit momentum.

## Dumbbell



Grab a dumbbell in each hand, using an underhand grip (palms facing forward). Let them hang at arm's length next to your sides. Without moving your upper arms, curl the weights up toward your shoulders, then slowly lower them.

If your elbows move forward, you're cheating. Keep them pointing down.

## Dumbbell



## Rope Cable



Attach a rope to a low-pulley cable and stand 1 to 2 feet in front of the weight stack. Grab an end of the rope in each hand with a neutral grip (palms facing each other). With your elbows tucked at your sides, slowly curl your fists up toward your shoulders, then return to the starting position.

Don't allow your wrists to bend as you curl the weight.

## Towel Inverted



Lie under a Smith machine or squat rack with your legs straight and a bar set a few inches higher than arm's length. Loop two small towels over the bar, spaced shoulder-width apart. Grab each towel. Keeping your body straight, pull yourself toward the bar. Pause, then slowly lower yourself.

Using towels challenges your grip, so it also builds your forearms.

Set an incline bench to a 60-degree angle, then grab a dumbbell in each hand so your thumbs touch the plates (instead of holding the center of the handle). Lie on the bench holding the dumbbells at arm's length, palms facing each other. As you curl the weights, rotate your wrists so your palms face you at the top of the move. Reverse to the starting position.

Grasp the weight so your hand is against the side of the plate, not in the center.

## Dumbbell Single–



Grab a dumbbell in each hand. Curl the weight in your left hand until your elbow is bent 90 degrees. Holding that position, curl the weight in your right hand toward your shoulder, then lower it. Complete your reps while maintaining a right angle with your left arm. Repeat on the other side.

Keep one arm bent 90 degrees as you curl with your other arm.

## Single–Arm



Stand between the weight stacks of a cable crossover station and grab a high-pulley handle in each hand, with your palms up. Hold your arms out to the sides so they're parallel to the floor, but keep your elbows slightly bent. Without moving your left arm, curl your right hand toward your head. Flex your biceps. Then slowly allow your arm to straighten--control the weight throughout the exercise. Repeat the move with your other arm.

Keep your upper arms parallel to the floor at all times.

### Pick Your Plan

3 routines for the results you want

#### The Chinup Chaser

Chinups work your biceps harder than curls do. Combining the two can be even more effective. Use this combo routine to gain strength, burn fat, and build bigger arms.

**How It Works:** Perform three sets of the close-grip chinup [1] followed by three sets of the dumbbell single-arm isometric curl [6]. Rest for 60 seconds after each set. Do as many chinups as possible in each set, and complete 10 to 12 reps in each set of curls. Perform this workout twice a week, resting at least 2 days after each session.

#### The Superfast Circuit

Working your biceps with a variety of exercises and repetition ranges is an effective way to stimulate maximum growth. This routine does just that, and requires only 8 minutes, twice a week.

**How It Works:** Do the towel inverted row [5], the rope cable hammer curl [4], and the dumbbell incline offset-grip curl [3] in a circuit, performing one set of each exercise before resting. Complete as many reps as you can of the first exercise, five to seven reps of the second movement, and eight to 10 of the last exercise. Rest for 60 seconds, then repeat the circuit once or twice more. Perform this routine 2 days a week, resting at least 2 days after each session.

#### The Multitasking Workout

Your biceps brachii is the muscle known as your biceps. Since your brachialis lies beneath, developing it will push your biceps higher. This workout trains both muscles by modifying an exercise every man is familiar with: the classic biceps curl.

**How It Works:** Grab a dumbbell in each hand, choosing the heaviest weight that allows you to complete eight to 10 repetitions of the dumbbell biceps curl [2]. For your first set, perform the exercise as described, with one exception: Use an overhand grip, your palms facing behind you at first. Do as many reps as you can, then rest for 60 seconds and perform a second set of biceps curls with a neutral grip (palms facing each other). Rest again for 60 seconds and do the move once more with an underhand grip, as shown. Repeat once for a total of two rounds. Do this workout twice a week.

