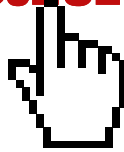


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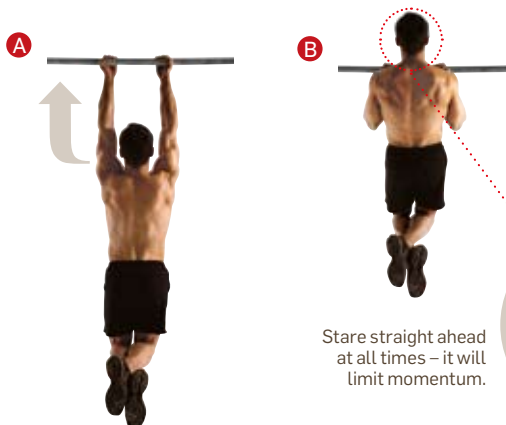


THE BEST EXERCISES FOR YOUR BICEPS

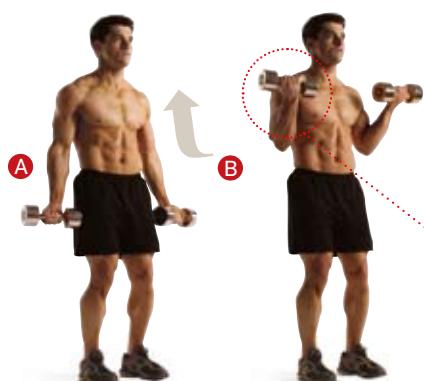
You won't get bulging biceps with the same outdated arm-curl routine you've been using for years. We've found three better – and faster – ways to rip your sleeves.

For more workouts go to www.menshealth.com.sg/fitness

THE BEST EXERCISES FOR YOUR BICEPS



1 CLOSE-GRIP CHIN-UP
Grab a chin-up bar with an underhand grip, your hands spaced about 15cm apart. Hang with your arms straight. Keeping your face straight ahead and your elbows pointed down, pull yourself up until the bar is directly under your chin. Then lower yourself to the starting position.



2 DUMBBELL BICEPS CURL
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 towards your shoulders, then slowly lower them.



3 DUMBBELL INCLINE OFFSET-GRIP CURL
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 centre 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 centre.

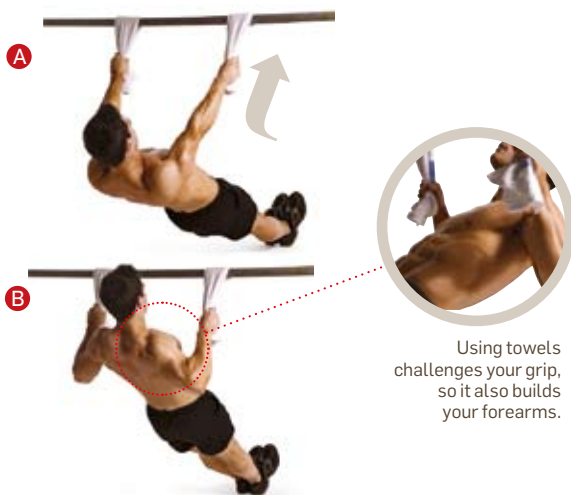


Don't allow your wrists to bend as you curl the weight.

4

ROPE CABLE HAMMER CURL

Attach a rope to a low-pulley cable and stand 30 to 60cm 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 towards your shoulders, then return to the starting position.

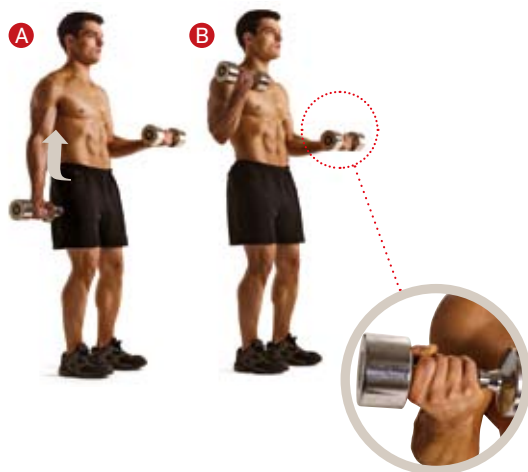


Using towels challenges your grip, so it also builds your forearms.

5

TOWEL INVERTED ROW

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 towards the bar. Pause, then slowly lower yourself.



6 DUMBBELL SINGLE-ARM ISOMETRIC CURL
 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 towards 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.

Pick your plan:

3 ROUTINES FOR THE RESULTS YOU WANT

1. GOAL: TO GAIN STRENGTH, BURN FAT AND BUILD BIGGER ARMS

EXERCISE	SETS	REPS	REST BETWEEN SETS
Close-grip chin-up (1)	3	As many as possible	60 seconds
Dumbbell single-arm isometric curl (6)	3	10-12	60 seconds

Perform this workout twice a week, resting at least 2 days after each session.

2. GOAL: TO ACHIEVE MAXIMUM MUSCLE GROWTH

EXERCISE	SETS	REPS	REST BETWEEN SETS
Towel inverted row (5)	1	As many as possible	No rest
Rope cable hammer curl (4)	1	5-7	No rest
Dumbbell incline offset-grip curl	1	8-10	No rest

Do all three exercises in a circuit, performing one set each before resting for 60 seconds. Repeat the circuit once to twice more. Perform this routine 2 days a week, resting at least 2 days after each session.

3. GOAL: TRAIN BOTH THE BICEPS BRACHII (BICEP) MUSCLE AND THE BRACHIALIS BENEATH IT THAT WILL PUSH YOUR BICEP HIGER.

Grab a dumbbell in each hand, choosing the heaviest weight that allows you to complete 8 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 again with an underhand grip, as shown. Repeat once for a total of two rounds. Do this workout twice a week.