

# Bicep Workout at the Gym

Here is a good bicep workout you can do while you are at the gym. This workout also had stretches you can perform after your workout to cool down.

## 1. BICEPS -DB HAMMER CURLS

**Starting Position:** - Stand with your feet shoulder width apart and a slight bend in your knee. Allow your arms to hang by your sides with a dumbbell in each hand, thumbs turned up.

**Movement:** -Exhale while bending only at your elbows curling the weights up to your shoulders, keeping your knuckles vertical through out the movement. Inhale while lowering the weights to the starting position. Repeat as required.

**How Many:** 3 sets of 15

**Rest:** 40 seconds

## 2. BICEPS - BARBELL CURL

**Starting Position:** - Stand, holding a barbell in front of your body, hands gripping the bar at shoulder width with palms facing away from your body.

**Movement:** - Exhale while raising the weight to your shoulders by moving only at the elbow joint. Inhale while lowering the weight to the starting position. Repeat as required.

**How Many:** 3 sets of 15

**Rest:** 40 seconds

## 3. BICEPS - INCLINE SINGLE CURLS

**Starting Position:** Place an incline bench by a low pulley and attach a handle to it. Lie on the bench and grip the handle with your arm outstretched and palm turned up.

**Movement:** Exhale as you pull the handle up towards your shoulder. Inhale as you slowly return the handle back down to the starting position. Repeat as required.

**How Many:** 3 sets of 15

**Rest:** 40 seconds

## Cool Down Stretch

### **4. BICEPS - BEHIND-THE-HEAD BICEP STRETCH I**

Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees.

Movement: Lift your arms above your head, keeping them straight. Bend your elbows and place your palms on your upper back. Pull your elbows back as far as you can. Hold this position for thirty seconds.