

BIGGER BICEPS

**THIS MONTH'S WORKOUT
WILL BLAST YOUR BICEPS.**

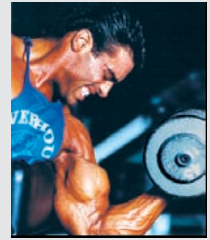
by Jimmy Mentis

Biceps are without a doubt one of the most exciting body parts to train. Not only because the results will show up relatively fast when compared to other body parts, but also because they are one of the most exposed and noticeable parts of a man's body. That's why we see most men at the gym working on their biceps more than any other body part. It's important to have well-defined arms in order to have a well-balanced looking body. In order to get your biceps big and strong, you need to keep the sets and reps to a minimum. I recommend doing 10 to 12 sets of six to 10 repetitions.

»STANDING BARBELL CURL

Grab an EZ or straight bar and pack on the weight. You may bend your knees a little for stability when lifting the weight. Go for three to four sets of six to 10 repetitions. Here's how it is done:

- Under grip the bar at shoulder width and lean slightly forward.
- Avoid swaying your torso to help move the weight. That's cheating by using momentum.
- Keep your elbows to the side of your body as much as possible.
- Instead of curling the weight in a semi-circular arc to your chin, try to raise the barbell straight up to your chin. Your elbows will start moving backwards as your wrists move upward. This is what you are looking for, a direct hit to the biceps and not the forearms. The trick is in trying to keep the barbell close to your body as you raise the weight. It's hard!! You will have to lower the weight from the weight you normally lift.
- With force, contract your biceps at the finish position, and then slowly lower the bar all the way back to your thighs.
- Experiment with different width grips to work different parts of the bicep muscle. You may also perform these kneeling down.



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Jimmy has spent the last two decades committed to the fitness industry. Jimmy knows how to motivate and inspire real life-long changes. He has earned his reputation as "America's most straight-up no-nonsense fitness personality." For questions, contact JimmyMentis@phillyfitmagazine.com

»SEATED DUMBBELL CURLS

Adjust the bench so that the seat is a little less than 90 degrees inclined. This will give you comfort and a wider range of motion. Keep your elbows locked alongside your body. Once again, go for three to four sets of six to 10 repetitions.

- Like barbell curls, this exercise places intense stress on the biceps and less stress on the forearm.
- Press your upper arms against the sides of your torso to keep them in position throughout the set.
- Use your biceps' strength to curl the weight in a semicircular arc to your chin.
- As the dumbbells reach the halfway point, rotate the wrists so that your palms are facing upwards (supination) for the second half of the movement. This will allow you to hit the peak of the biceps.
- Again with force, contract your biceps at the finish position, and then slowly lower the dumbbells back to your thighs for nice negative burn.

»PREACHER CURL

The preacher curl can be performed either sitting or standing. Go for two to three sets of six to 10 repetitions. Get someone to spot you. (At this point...you're going to need one)

- This is an excellent overall mass builder for the biceps, particularly adding mass to the lower biceps near the elbow.
- Lean over the preacher bench with your arms parallel.
- Grasp the barbell or have a training buddy place the barbell into your supinated hands (palms facing up).
- The upper edge of the bench should be wedged under your armpits.
- Use bicep strength to slowly curl the weight directly upward to shoulder level.
- Don't attempt to bounce the weight in the bottom position, as biceps are vulnerable to injury. Ease the weight down.
- Keep the tension on the muscle; it will maximize results of the exercise. When training your biceps for mass, remember to keep good form and pile on the weight. You could cheat on your last sets, but only moderately. This bicep routine should be done during four consecutive visits to a gym. Then after four times, go a little lighter so that your muscles don't burn out. It is important to alternate heavy and light workouts. Have an AWESOME workout!!!