

**Biceps gym workout video**

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### HOW TO GROW BIGGER BICEPS

Short Head | Brachialis | Long Head

Preacher Curl | Hammer Curl | Incline Curl

Spider Curl | Concentration Curl

Barbell Curl (Wide Grip) | Barbell Curl (Narrow Grip)

**Focus on:**

- Lift a heavier weight over time
- Use both Dumbbells & Barbells
- Use Compound Exercises like Chin-Ups, Rows, Pull-Ups
- Concentrate on Mind-Muscle connection and Squeeze the Biceps



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**The Best Exercises For Biceps**



## UPPER BODY WORKOUT



EPISODE 06

BICEPS WORKOUT

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HASfit stands for Heart And Soul fitness because we believe everyone deserves to be fit. That's why over the past 7 years we've given away over 100 million free workouts! We invite you to try a workout with us and see why we've been named a Top 10 YouTube Channel for 4 years straight! One of the best ways to guarantee your success is to follow a fitness plan. It helps keep you motivated, holds you accountable, and ensures you're getting the right balance of exercise and nutrition. Learn more about choosing which plan is right for you. Build a strong foundation Burn fat! Enhance lean muscle! Promote strength Build muscle! Improve strength! Get Lean Let us help you take the mystery out of your diet. With so much (mis)information out there, it's hard to determine who to trust. We don't believe you should have to deprive yourself of the foods you love to accomplish your goal. HASfit focuses on creating sustainable nutrition habits, eating whole foods, and following the latest science. Eating For Life Eating For Life was designed to be the last diet guide you'll ever need. It's not about following the latest fad diet, but it's about eating the foods you love while getting the results you need. Calculate TDEE Use our TDEE (total daily energy expenditure) calculator to discover exactly how much and what you should be eating in a day. VIEW RECIPES We share our favorite recipes using whole foods that you and your family will love. Download the app free to join your new personal trainers, Coach Kozak and Claudia, through motivational full-length home workout routines. Rated 4.7 / 5 Stars Image not available forColor: To view this video download Flash Player Outer Bicep Workout (How To Build Peak) 7 Best Exercises In this video, Nutritionist athlete and Founder of Flight Physiques, Dylan Kosek, demonstrates incline hammer curls for targeting outer biceps. In this video, Dylan demonstrates seated hammer curls with static holds. An intensity technique used to make the exercise more challenging. In this video, Dylan demonstrates incline dumbbell curls performed to muscular failure. Share with your community and get the conversation started! Jeremy Fox - Founder, Nutritioneering, Engineer, CPT, Bodybuilder, Coach Goal-specific nutrition plans tailored to your body, workouts, and schedule. Customize Your Plan Image not available forColor: To view this video download Flash Player Building big (or bigger) biceps is no easy feat. It's a much slower process than most people perceive it to be. But if you're serious about maximizing and prioritizing your biceps growth? Then there are a few strategies we can employ that research has shown will be able to significantly speed up its growth. In this article, I'll go through what these strategies are. And how to employ them so that in the next 8 weeks of your training so you build your biceps as fast as possible. I guarantee that even if: You're a "non-responder" OR You just haven't been seeing much results with your current biceps regimen... That implementing this plan will result in a ton of new growth for your biceps. Or, in fact, any muscle that you apply these strategies to! By the way, this well-thought-out and science-backed training plan is just an example of what you can expect from our BWS programs. I've designed each to be an all-in-one, complete process that'll get you to your dream physique ASAP. If you're interested: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! Adjust Volume The first and most important thing we'll want to do to build big biceps is start adjusting our weekly biceps volume. More specifically, we will want to increase our weekly biceps volume to stimulate more growth. Why? Well, because the past work of researchers Brad Schoenfeld and James Krieger shows that there's a dose-response relationship between weekly volume and muscle growth. Note that increasing your weekly biceps volume is especially effective in the event that you've reached a plateau. That is, your biceps just aren't responding to your current biceps volume. However, this doesn't mean that you should simply do as much volume as possible. You shouldn't absolutely annihilate your biceps every single workout. That can do more harm than good. Instead, we need to take a strategic approach to this based on the research. How Many Sets Of Biceps Work Should You Do Weekly? First off, we need to determine how much to increase your weekly biceps volume to. And it seems that we may be able to get to as high as 30 sets per week while still seeing a benefit in growth. For instance, one very well-controlled 2015 paper compared the effect of performing either 6, 18, or 30 weekly biceps sets on 48 untrained men over the course of six months. As shown in the following graph, there was a clear dose-response effect in terms of volume and the resulting biceps growth. The 30 weekly set group experienced growth that was on average 3-4 times what's typically seen in the research. This study design was then repeated on trained men by Brad Schoenfeld and colleagues in 2019. Their findings? Similar results in biceps growth. And in fact, in the highest volume condition, there were no non-responders. This is a stark contrast to over half of the subjects being non-responders in the lowest volume condition. Be Aware Of The Per-Session Volume Limit Now, this doesn't mean you should throw in 30 sets of biceps into a workout. And only do that once a week. Because we also need to be aware of another important finding based on the work of researcher James Krieger. Which is that there seems to be a per-session volume limit of about 8-10 sets per muscle. Meaning that within each workout, you don't want to perform more than about 8-10 hard sets per muscle. Going beyond that, anything you do tends to just become "junk volume". And is, therefore, less effective for hypertrophy. So, knowing that, we'll want to split up our weekly biceps volume into 2-3 workouts per week to stay within that per-session limit. What I'd personally recommend is using something like the: ...And split up your weekly biceps volume accordingly. Once you have that set, slowly increase your weekly volume throughout the weeks. You can do so with the methods popularized by Dr. Mike Israetel. So for instance: Week 1 - Start with about 10 sets for your biceps weekly from weeks 1 to 8 - Increase this slowly by adding about 2-4 weekly sets every week or so up to about 20-30 weekly sets. Make sure you're still recovering and progressing well which will be highly individual. End of the 8 weeks - You should be doing a considerable amount of weekly biceps volume and feeling quite fatigued. This is where you can take a deload week to recover and finish off the cycle. Do also keep in mind that the pulling work you do for your back (like pull-ups and rows) should also be counted towards your weekly biceps sets. Those heavily involve the biceps as well. Manage Recovery Next, you want to manage your recovery. In fact, you'd want to bias it to favor your biceps growth throughout this period. Just like our biceps, all of the other muscle groups we train require energy, effort, and nutrients to recover and grow. So if our main goal is to increase the size of our biceps? It's likely a good idea to reduce the volume we devote to our other muscle groups. Doing so enables our body to favor our performance, recovery, and growth towards our biceps that we're going to be training with quite a bit of volume. 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To simplify this, here are 5 biceps exercises that do just that. And provide a good variety of stimulus on the biceps for the reasons I've noted down. Incline dumbbell curl (emphasizes long head and challenges the peak contraction of the biceps the most) Dumbbell preacher curls (emphasizes short head and challenges the stretched position of the biceps the most) Barbell curl (for heavier loads and challenges the mid-range of the biceps the most) Cable curls (provides constant tension to biceps) Standing dumbbell curl (emphasizes supination function of biceps) Simply distribute 4 or 5 of these movements and/or similar variations of them into your weekly biceps workouts as needed. And then as previously explained, gradually increase the sets you devote to each of these exercises throughout the weeks to accumulate more and more weekly biceps volume. Exercise Order Next, we want to manipulate the order of our workouts to again favor the growth of our biceps. 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I'll breakdown exactly: How to set up your workout split What biceps exercises to use AND How to progress them throughout the 8 weeks with more volume To grab a copy of this: Click the button below to download the big biceps workout PDF: Get The Biceps Workout PDF! But also keep in mind that your nutrition throughout this period and during your training, in general, will always be the most important factor in building muscle and losing fat. That's why within my science-based programs, in addition to the step by step training plans you'll receive, I've also created a nutrition tracker that'll do all the guesswork for you and show you what to eat, how much to eat, and how to adjust this over time to avoid reaching plateaus. To gain access today: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! By the way, here's the article summed up into a YouTube video: The FASTEST Way To Grow Your Biceps (IN 60 DAYS) Page 2 Building big (or bigger) biceps is no easy feat. It's a much slower process than most people perceive it to be. But if you're serious about maximizing and prioritizing your biceps growth? Then there are a few strategies we can employ that research has shown will be able to significantly speed up its growth. In this article, I'll go through what these strategies are. And how to employ them so that in the next 8 weeks of your training so you build your biceps as fast as possible. I guarantee that even if: You're a "non-responder" OR You just haven't been seeing much results with your current biceps regimen... That implementing this plan will result in a ton of new growth for your biceps. Or, in fact, any muscle that you apply these strategies to! 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