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## What exercises work back and biceps

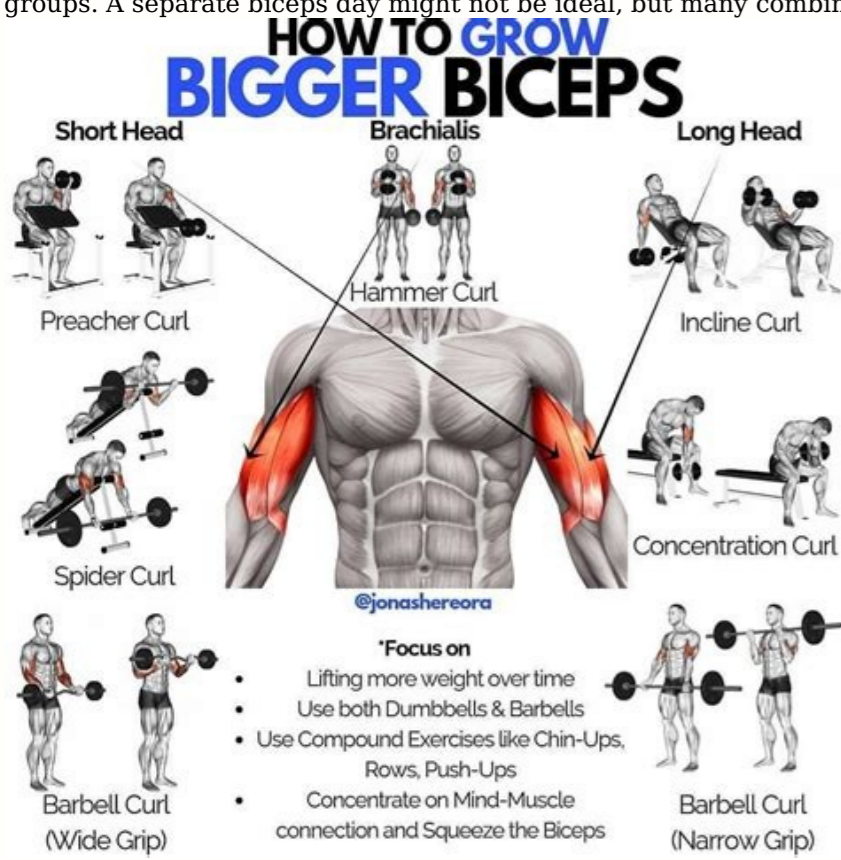
What to workout after back and biceps. Can you work back and biceps together. How to work back and biceps. Workout routine back and biceps. At home back and biceps workout.

Training your back and biceps together in the same workout is one of the most popular ways to blast these two muscle groups to make them grow. It's a tried and true method proven to work, and why change a winning concept? This article outlines a great workout for building a tremendous back and bulging biceps. It is one of many premium workouts in StrengthLog, and you can download it for free using the links below. A well-developed, thick back might be the most impressive thing you can see on a bodybuilder or strength athlete. However, you don't see a stand-out back that often. Building a big back is challenging and requires many hours of heavy lifting. The effort is well worth it, though. A thick, wide back demands respect. You know that person has put in the work. In addition, a strong back is essential for all lifters and other athletes. Every time you pull something or lift something off the floor, you depend on your back muscles being able to handle the load. Even though your triceps is the larger muscle group, the biceps brachii often gets most of the attention.



Who doesn't want a set of building biceps? Yes, the shape of your biceps is mainly determined by genetics. Not everyone can build bicep peaks like the Matterhorn. But everyone can develop a pair of biceps guaranteed to make heads turn.

And don't underestimate the importance of your biceps for physical performance. Like your back, you use your biceps whenever you pull or carry something, and you're never stronger than your weakest link. Training back and biceps in the same workout offers several benefits. It's efficient. Your back and biceps consist of muscles you use to pull things: moving a heavy box in your garage or doing pull-ups and rows in the gym. When you train your back, you work your biceps simultaneously. It only makes sense to combine the two into one workout. It allows for maximum recovery. If you split your back and biceps into several workouts, you might run into recovery issues depending on how you schedule your workout week. If you train your bicep muscles a day or two after your back workout, then your back again a few days later, your biceps will see a lot of action for such a small muscle. Also, a biceps session the day before training back could create a weak link for the much bigger and stronger back muscles if your arms haven't recovered enough. Training back and biceps together solves any potential issues, and you don't have to worry about recovery between workouts. It's not wrong to train your back and biceps with other muscle groups. A separate biceps day might not be ideal, but many combine them with chest or triceps.



However, the back+biceps combo is proven and effective. One of the most popular bodybuilding splits is the Push/Pull/Legs (PPL) split, in which you train the back and biceps on the second day. The PPL split is a versatile way to integrate optimal training volume and training frequency for muscle growth. Many bodybuilders of all levels use the Push/Pull/Legs split.



and you can tailor it to your preferences, training three to six times per week.

You could train three times per week, Monday, Wednesday, and Friday, for example, with the weekend off. For advanced bodybuilding, two rounds of PPL back-to-back or with a rest day in between is a viable option and a favorite of Arnold Schwarzenegger. Regardless of which training split you prefer, PPL or something else entirely, StrengthLog's Back and Biceps Workout is your best option. In this workout, you train back first, then biceps. Your back muscles are bigger and stronger than your biceps, and it's best to train them first. Doing the opposite and exhausting your biceps would limit the weights you can handle in your rows and pulldowns. According to research, doing multi-joint exercises like row variations before single-joint exercises, like biceps curls, is superior for getting stronger. And a stronger muscle is often a bigger muscle. In the back and biceps workout, you do your compound exercises first, then move on to isolation work. StrengthLog's Back and Biceps Workout Routine is for the intermediate to advanced lifter. But suppose you're new to bodybuilding or strength training in general. In that case, I suggest you take a look at our Barbell Training Program for the Beginner or the Bodybuilding for Beginners workout routine. You'll build a solid foundation from which you can advance to this workout once you're more experienced. You don't need any advanced machines for this workout. You'll mainly use free weights, with some pulley exercises for the total package to build your back and biceps from all angles. You perform eight to twelve repetitions for most exercises, an excellent rep range for muscle hypertrophy. The back part of the workout consists of five exercises: four for your latissimus dorsi muscles, rhomboids, and trapezius, and one for your lower back. Several of the exercises are also effective for targeting your rear delts. For isolating your biceps, it's all curls, curls, and more curls. Variations of the basic bicep exercises hit the short and the long head of the bicep slightly differently and also target the brachialis, which lies deeper than the biceps.

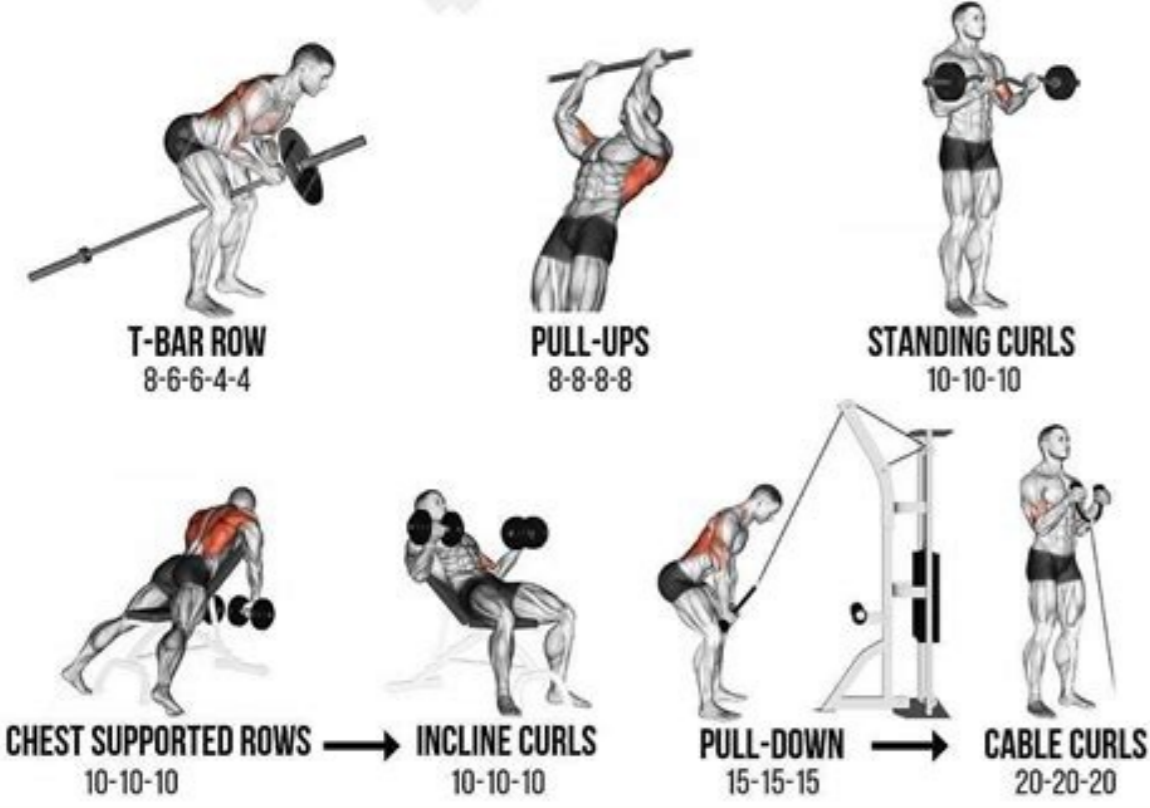
### Biceps Circuit



Barbell Curl Hammer Curl Preacher Curl You perform fewer sets for your biceps than back. The bicep is a smaller and much less complex muscle group than the back and requires less work for optimal growth. Check out the detailed number of sets and reps in the StrengthLog app. According to current research, 12-20 weekly sets per muscle group may optimize muscle growth. StrengthLog's Back and Biceps Workout Routine guarantees optimal training volume for both muscles, regardless of experience. You get enough training for muscle growth if you only do it once per week. However, advanced bodybuilders, with the training experience to recover from a high number of sets, can do it twice per week to ensure they're getting more than enough training for optimal results. I recommend you rest 2-3 minutes between sets for best results. Some evidence suggests that longer rest intervals might be necessary to maximize muscle growth. Feel free to self-select how long to rest between sets but don't rush your workout unless you're in a hurry. Taking a few minutes between sets allows you to lift heavier and possibly see better results in the long run. Even though I'm sure you're eager to hit the weights, it's a good idea to take a few minutes for a proper warmup. You raise your body temperature, pump blood into your muscles, and prepare yourself physically and mentally for the upcoming session. It might also help prevent injury compared to jumping straight into your work sets, even though bodybuilding training has a low injury rate as is. Consider spending 5-10 minutes doing low to medium-intensity cardio on a treadmill or stationary bike to get your heart rate up and break a light sweat.

# BACK & BICEP WORKOUT

TrainwithCaren



You're not going for cardiovascular exercise here, so keep it short and sweet. Before your work sets, do a couple of ramp-up sets using progressively heavier weights. Not only do they act as a warmup, but they also coordinate your muscles and central nervous system for better performance. A few sets of lat pulldowns do the trick as a warmup for pull-ups. Time to hit the weights, starting with your back. The pull-up is a fantastic lat exercise to build back width. It requires only two pieces of equipment: your body and a pull-up bar. The lat pulldown is a similar movement but without the added challenge of pulling your own body weight. Both exercises mainly work your lats but also your biceps and the lower parts of your trapezius. Pull-ups require plenty of overall body control and stability to hit your target muscles, while the lat pulldown machine makes it a comfortable and stable option. The benefit of the pull-up is that you'll be hard-pressed to find a better exercise for building wide lats. The downside is that it is a very challenging exercise, especially with bodybuilding-style form. If you cannot perform eight reps minimum for four sets, I suggest you substitute it for the lat pulldown, another great exercise. You can't go wrong with either one, which is why you will have the option to select your favorite in the back and biceps workout. If you feel the pull-up is too easy using only your body weight, you can use a weight belt and hang a plate between your legs as added resistance. Be sure to observe proper form regardless of your choice. In the pull-up, pull your body up by letting your upper body muscles do the work, focusing on your back. That means avoiding momentum to get your body moving by kipping your legs and knees upward. If it's too heavy, do lat pulldowns instead. When doing lat pull-downs, focus on pulling the bar to your chest using your upper back muscles without leaning backward too much or rocking back and forth. Use a medium-width overhand grip, as it offers advantages over the close-grip or wide-grip lat pulldown. Grip the bar with palms facing away from you, slightly wider than shoulder-width. Keep your chest up, and look up at the bar.

Inhale and pull yourself up until your chin is over the bar or the bar touches your upper chest. Exhale and lower yourself with control until your arms are fully extended. Grip the bar with a pronated grip (palms facing away from you), slightly wider than shoulder width. Sit down with your thighs under the leg support, keep your chest up, and look up at the bar. Inhale and pull the bar towards you. Pull the bar down until it is below your chin or touches your upper chest. Exhale and slowly return the bar until your arms are fully extended. For building back thickness, few exercises, if any, equal the barbell row. Many lifters consider the bench press the king of upper body exercises, but the barbell row is the monarch from the back. If you look at videos of ten bodybuilders doing the barbell row, you'll see ten different ways to perform the exercise. Overhand grip, underhand grip, leaning forward to the point of parallel, or almost standing upright: are all viable variations of the barbell row.

However, for this back and biceps workout, we're going the basic route: Use an overhand, medium-width grip, and lean forward until your upper body is slightly above parallel to the floor by bending at the hips to just above a 90-degree angle. Standing more upright transfers the work to your upper back and traps, but performing the barbell row leaning forward like this is a fantastic exercise for all major muscles of back, plus your posterior deltoids. You won't be able to use as much weight, but we're going for all-over muscle mass here, not hoisting as much weight as possible. Grip the bar with an overhand grip, and lean forward with the bar hanging from straight arms. Inhale and pull the bar towards you. Pull the bar as high as you can, so that it touches your abs or chest if possible. With control, lower the bar back to the starting position. Alternative exercise: T-bar rows The seated cable row is the perfect exercise to follow the pull-ups and the barbell rows. You might be a little fatigued at this point after the heavy pull-ups and barbell rows, but the seated row allows you to sit down and just focus on your back in an easy-to-do movement. Seated rows primarily develop your upper and middle back muscles. They are particularly effective for your lats and middle trapezius. You also activate your biceps when doing the seated row, although not to the extent of pulldowns. Reverse the movement and do a close-grip handle or a V-bar to the cable and pull the handle to your chest. Squeeze your shoulder blades together to forcefully contract your back muscles and pull your elbows as far back as possible. Use a full range of motion and feel the stretch in the lats when leaning forward. Grip a narrow handle, and assume the starting position.

Inhale and pull the handle towards your abdomen, while leaning back slightly. Exhale and slowly return to the starting position by extending your arms and leaning forward. Alternative exercise: A horizontal pull chest-supported row like the machine row The shrug is an exercise to build the trapezius muscle, more specifically the upper traps. The trapezius is a large muscle that extends from the base of your neck, across your shoulders, and down to the middle of your back. Massive traps give your entire upper body a powerful look and complement your back, neck, and shoulder development. The shrug is the best exercise to work them directly. Hold a pair of dumbbells at your sides and lift your shoulders as high as you can using your trapezius. Avoid rolling your shoulders as it only stresses the shoulder joint without adding anything to the exercise. It's possible to use heavy dumbbells in the shrug, but ensure you don't use too much weight to the point where you can't go all the way to the top and contract your traps properly. Hold a pair of dumbbells at your sides. Lift your shoulders straight up as high as possible. Lower your shoulders again. Alternative exercise: Barbell Shrug You're done with the heavy part of your back workout! However, for complete back development, you can't ignore your lower back.

Back extensions strengthen your erector spinae muscles that run the entire length of your spine. Well-developed erector spinae muscles give your lower back the "Christmas tree"-look if you're shredded enough. Hold a plate to your chest if you find that your bodyweight doesn't provide enough resistance to challenge you. Adjust a back extension bench and get into position. Hold a weight plate against your chest or a barbell across your shoulders if you want to use additional weight. Lean forward as far as you can by hinging in your hips. Reverse the movement with control and return to the starting position. Back's done! Now it's time to train your biceps directly, and you know what that means: curls! You kick things off with the barbell curl, your primary mass builder for bigger biceps.

Biceps curls using a barbell allow you to handle more weight than dumbbells to overload your muscles and stimulate growth. Use a shoulder-width underhand grip on a straight bar to target both the short head and the long head of the biceps and observe good form: don't use body momentum to swing the weight up. The barbell curl is a biceps isolation exercise, so stay in control of the movement and let the right muscles do the work. However, feel free to use a slight momentum on the last rep, just enough to get the bar past the sticking point. That's called a "cheat curl." Use it sparingly as a great way to add a bit more training volume to your workouts and fry those muscle fibers.

Grip a bar with an underhand (supinated) grip, hands about shoulder-width apart. Lift the bar with control, by flexing your elbows. Don't let your upper arm travel back during the curl, keep it at your side or move it slightly forward. Reverse the movement and lower the bar back to the starting position. Alternative exercise: Incline dumbbell curls The dumbbell hammer curl is not just another great biceps exercise. Besides building your biceps, especially the long head, it also targets your forearms and another muscle called the brachialis. The brachialis lies deeper than the biceps, and while it's true that the peak of your biceps is primarily dictated by genetics, a well-developed brachialis pushes up the biceps and adds the illusion of a more significant peak. Hold a pair of dumbbells in a neutral grip (palms facing each other), arms hanging by your sides. Lift the dumbbells with control, by flexing your elbows. Don't let your upper arms travel back during the curl. Keep them at your sides or move them slightly forward. Reverse the movement and lower the dumbbells back to the starting position. A pure isolation exercise for the biceps, the preacher curl is an excellent finisher to chase the ultimate upper arm pump. For this one, don't use too much weight. Instead, focus on muscle control and "mind-muscle connection." Be sure to extend your arms at the bottom and squeeze your biceps at the top for full muscle contraction. You can choose between several variations of the preacher curl. Use a barbell, a dumbbell, a cable pulley machine, or a dedicated preacher curl machine. You don't need a preacher curl bench with a dumbbell, as you can use any regular weight bench with an adjustable back rest. All the preacher curl variations are equally suitable for muscle hypertrophy, so pick the one you prefer. Grab a barbell and sit down at a preacher curl bench, resting your upper arms against the pad. Lower the barbell as far as you can, with control. Reverse the motion and return to the starting position. Use a preacher curl bench, or position the back rest of a regular training bench so that it leans back slightly. Grab a dumbbell, stand behind the bench, and rest your upper arm against the back rest. Lower the dumbbell as far as you can, and then reverse the motion, returning to the starting position. You have the questions, and we have the answers. Let's do a little FAQ! You can, but be aware that it might impact your performance. Because your biceps are involved in your upper back training, they will become partially fatigued during your pull-ups, pulldowns, and rows. If you jump straight into a set of curls after a back set, you won't be able to use the same weights as usual. That isn't necessarily bad for muscle growth, but it's something to keep in mind.

A variant of this workout adapted to supersets could look like this: Pull-Ups + Barbell Curls Barbell Rows + Hammer Curls Seated Cable Rows + Preacher Curls Shrugs + Back Extension You'll save time and make for a high-intensity, challenging workout, but again, be aware that performance could take a nose-dive. If you only have a certain amount of time to complete your training session, go for it. The back and biceps workout fits right into most strength-training programming. It's one of the most popular muscle group combinations for a reason. If you follow a push/pull/legs split, slot this workout between push day and leg day: Day one: chest, shoulders, and triceps Day two: back and biceps Day three: legs This is an example of a four-day split: Day one: chest and triceps Day two: back and biceps Day three: legs Day four: shoulders and abs I'm sure you can think of many other bodybuilding splits where the back and biceps workout would be right at home. There you go! Give this workout a chance, and you'll kick-start your back and biceps development for sure. Want to give the Back and Biceps Workout Routine a go? It's available exclusively in our workout log app. While this workout requires a premium subscription, StrengthLog itself is entirely free. You can download it and use it as a workout tracker and general strength training app - and all basic functionality is free forever. It even has a bunch of free programs and workouts. However, the more advanced ones (such as this workout) are for premium users only. Want to give premium a shot? We offer all new users a free 14-day trial of premium, which you can activate in the app. Download StrengthLog for free with the buttons below: >> Click here to return to our list of training programs. For more bodybuilding, check out these great resources: >> All our bodybuilding articles WHEN IT COMES to choosing the workout plan you're going to follow, efficiency should be one of your top objectives.

Yes, the exact nature of your split will ultimately depend on what you're trying to accomplish—whether that's eye-popping arm muscles, a deadlift PR, or improving your strength and conditioning for rec league soccer—but working smart will make your desired result that much easier to achieve. If building a muscular, well-balanced physique is your goal, one of the best ways to train efficiently is to design a workout that allows you to target multiple muscle groups together. One common pairing is the back and biceps, since the way you use your biceps (flexing your elbows) is often involved with the way that you use your back muscles (pulling movements). You can do this with a pull-push-legs structure for your back and biceps workout to accomplish the goal of building a set of big, strong arms and a rock-solid back. That said, you won't only concentrate on those two muscle groups while neglecting everything else; it's important that whatever program you follow has some sense of balance, both for the good of your physique and function.

This will be a slight tweak on a favorite setup for lots of smart exercisers, the push-pull-legs split. What exactly does that mean?

Simple. On the first day of the training week, your session will be built up of exercises that use pull movements (like a row). Day 2 is centered around exercises where you push (like a press). You wrap the week by hitting the lower body with exercises that target your leg muscles. The Benefits of a Back and Biceps Workout in a Pull-Push-Legs StructureThe shift of the position of the pull and push days isn't a random choice, or just to give the pull prime position for no reason. "The benefit of going pull-push-legs vs. classic PPL comes in physique balance and shoulder health and long-term safety," says Men's Health fitness director Ebenezer Samuel, C.S.C.S. This is because you'll be at your strongest on the first day of a training split, since your CNS should be rested. Samuel notes that if you're training hard, even if you don't feel tired, you won't be as strong on the second day of a training split due to this type of fatigue. That does mean that you'll give up some ground on Day 2—but according to Samuel that's okay, especially since you're particularly focused on your back and his. "By training pull on Day 1 and push on Day 2, you may ever-so-slightly deflate your pushing numbers, but that's not necessarily a bad thing," he says. "Pulling more than you can push is a key for shoulder health (especially given how often everyday life puts us in pushing positions), and it's key for visual physique balance too, insuring you don't under train your mid-back." You can run through this as a three-a-week training split. The structure looks like this: train one day, then rest a day between each session. That has you hitting back and his once per week (you're working on the "pull" day). You can also implement this plan as a six-day-per-week split where you run through the pull-push-legs cycle twice (then rest from training for at least one day). Samuel designed a sample session for both beginners and more advanced lifters.The Back and Biceps Workout Split for BeginnersEase into this type of split if you're just starting out in the weight room. This example template features three exercises per workout, broken down to two movements that target the back and one for the biceps.This routine should look like this:First Exercise: Standard Horizontal Row Variation Eb says: Starting with a horizontal row does two things. First off, it kickstarts your shoulder blades to move through what's called scapular retraction, which is a key mechanic for shoulder health in most upper body exercises. Because life frequently places us in pushing positions, it can dull our sense of that movement.e can regain it by starting with a row. Horizontal rows will also blast your mid-back—and your back is more than your lats. Mid-back strength is key for shoulder health and aesthetic balance. Examples: Dumbbell Row, Chest-Supported Incline Row, Bent-Over Barbell RowSets and Reps: 3 sets of 8 to 10 repsDumbbell RowThe triangle icon that indicates to playHow to Do It:Stand with your feet shoulder width apart in front of a flat bench. Push your butt back and lower your torso down, extending your off arm to rest your palm on the bench.Grab the dumbbell with your working hand. Squeeze your glutes and abs to create full-body tension, keeping your head in a neutral position.Squeeze your mid-back muscles to drive your elbow up, rowing the weight. Keep your shoulders level and avoid rotating your lower back.Pause for a beat, then lower the weight back down.Chest-Supported Incline RowThe triangle icon that indicates to playHow to Do It:Set an adjustable bench to a 45-degree angle. Get onto the bench with your chest on the pad, but squeeze your glutes and mid-back as if you were standing. Grab the dumbbells with both hands. Think of your arms as hooks. Squeeze your mid-back and drive your upper arm back and elbows back to row the weight up. Keep your chest flat on the bench. Control the weight back down to the starting position.Bent-Over Barbell RowThe triangle icon that indicates to playHow to Do It:Approach a loaded barbell as you would for a deadlift: stand with your feet about hip-width apart, then push your butt back and hinge at the hips to bend over and grasp the bar.Take an underhand grip when you grasp the bar. This will allow you to involve your biceps more in the pulling movement and help to prevent an internally-rotated position.Keep your head in a neutral position, squeeze your glutes and core to create tension, and raise your torso slightly to lift the weight off the floor.Move at the elbow and shoulder to row the bar to the top of your ribcage. Aim to "break" the bar against your chest, pausing in the top position if you can.Control the weight back down to the starting position, maintaining your posture.Second Exercise: Standard Vertical Pull Variation Eb says: Your vertical pull variation will very often be the key motion that attacks your latissimus dorsi, the large, broad back muscle that runs from shoulder down very nearly to your hip. It functions in part to pull the upper arms down toward your hips, which happens on nearly all vertical pull motions. If you have shoulder trouble, do another row variation instead.Examples: Chinup/Pullup or Pulldown with Neutral GripSets and Reps: 3 sets of 8 to 10 repsChinup/PullupThe triangle icon that indicates to playHow to Do It:Grip the bar overhead tightly, either with an overhand grip (pullup) or underhand grip (chinup). The chinup will promote greater biceps involvement. Don't jump up to the bar; if you're not tall enough to reach, use a platform.Engage your upper back, core, and glutes to create tension, almost like a hanging plank. Pull yourself up and to the bar, lifting your head above it.

Lower back down with control until your arms are fully extended. Pulldown with Neutral GripThe triangle icon that indicates to playHow to Do It:Set the machine's seat at a comfortable height. Grab the handle, using a neutral grip on the V-handle.Focus on keeping your feet planted into the ground, core tight, and maintain a tight grip on the bar.Lean back slightly—do not arch your back for this—then, squeezing your shoulder blades, drive them down as you pull. Remember to drive your elbows down as well as you pull the bar to the top of your chest.Hold momentarily at the bottom, then return to start position under control.Third Exercise: Standard Curl VariationEb says: Your biceps assist on each of those first two movements, so they're already being lightly taxed by the time you get here. You won't move the same heavy loads you did on the first two exercises, but you'll focus only on elbow flexion, one of the biceps' two key functions. Examples: Dumbbell Curl, Barbell CurlSets and Reps: 3 sets of 12 to 15 repsDumbbell CurlThe triangle icon that indicates to playHow to Do It:Stand holding a pair of dumbbells in each hand in a neutral grip. Squeeze your shoulder blades, abs, and glutes to create full-body tension. Moving only at the elbows, raise the weight up. Turn your wrist so that the dumbbell faces the ceiling (supination), emphasizing the biceps squeeze as you raise the weight to the top position. Lower the weight back down to the starting position with control.Barbell CurlThe triangle icon that indicates to playHow to Do It:Stand with your feet about shoulder-width apart, holding the bar in and underhand grip with your hands at shoulder-width. Squeeze your glutes, abs, and shoulder blades. Keep your torso tight. Curl the weight up, moving only at the elbows.Emphasize your biceps squeeze at the top for a split second, then lower the weight back down.The Advanced Back and Biceps Workout SplitIf you're more advanced, Samuel says that you can build out a routine that's composed of six or seven exercises total: three to four moves targeting the back muscles, two hitting the biceps, and one finishing move if you're feeling spicy.

Here's a more detailed breakdown of what this type of routine should look like: First Exercise: Standard Horizontal Variation with Loading Potential Eb says: Once again, you want to kickstart scapular retraction and groove that pattern before moving onto anything else. If you're an advanced lifter, too, you also want to make sure you're doing a row variation that can allow you to move big weights, so you can get the strength-building stimulus that comes with lifting heavier loads. Examples: Landmine Row, Dumbbell Row, Bent-Over Barbell Row Sets and Reps: 3 to 4 sets of 8 to 10 repsLandmine RowThe triangle icon that indicates to playHow to Do It:Set up a barbell in a landmine attachment in the corner of a rack, or wrap one sleeve in a towel and put it in the corner of the room. You'll need either a close-grip machine row handle, towel, or some other means to grip placed at the other end of the barbell, just below the sleeve. Hold the grip, push your butt back, and hinge at the waist. Engage your abs and squeeze your glutes to keep your torso as still as possible. Squeeze your back to row the weight to your chest. Pause for a beat at the top, emphasizing the squeeze.Lower the weight back down to the starting position under control.Dumbbell RowThe triangle icon that indicates to playHow to Do It:Use the cues listed above in the beginner section. Since you're more advanced, work to control the weight without any additional momentum, coming to a complete pause between reps.Bent-Over Barbell RowThe triangle icon that indicates to playHow to Do It:Use the cues listed above. To work with heavier loads, consider implementing a dead stop, resting the weight on the floor between each rep. Second Exercise: Standard Vertical Pull Variation Eb says: Once your scapular retractors are fired up, you again can focus more on your lats with your vertical pull variation. If shoulder trouble prevents you from these types of movements, try another row instead.Examples: Chinup/Pullup, PulldownSets and Reps: 3 to 4 sets of 8 to 10 repsChinup/PullupThe triangle icon that indicates to playHow to Do It:Use the cues listed above. If you're not feeling challenged, consider adding more load using a weight vest or some other tool. PulldownThe triangle icon that indicates to playHow to Do It:Use the cues listed above.Third Exercise: Angle-Change Row Movement Eb says: Your back has multiple smaller muscle groups. To some extent, you train these with the first row variation in this workout.

But by consciously changing the angle of your torso (as you do with incline rows or gorilla kettlebell rows), so you're slightly more upright, you can zone in those smaller muscle groups for more complete back development.Examples: Incline Row, Gorilla RowSets and Reps: 2 to 3 setsChest-Supported Incline RowThe triangle icon that indicates to playHow to Do It:Use the cues listed above. If you're looking to work with heavier loads, consider swapping the dumbbells for an EZ bar.Gorilla RowThe triangle icon that indicates to playHow to Do It:Stand with your feet just wider than shoulder-width apart, straddling a pair of kettlebells. Push your butt back and hinge forward at the waist, reaching down to grab the bell's handles in a neutral grip. Squeeze your upper back, abs, and glutes to create tension. Make sure your hips stay lower than your shoulders. Row one arm up to your chest, pressing the other weight into the floor. Maintain tension to keep your torso from shifting. Repeat with the other arm. Fourth Exercise: Optional Anti-Rotary/Rotary/Bodyweight Movement Eb says: This final move isn't necessary, but it offers you a chance to do one key thing. You're insuring that you train your pulling (back) muscles while also maintaining core tightness. It's easy to escape that during heavy exercises, and, depending on your technique, even during pullups. But during a plank or inverted row, you can't avoid it. Examples: TRX Reach Row, Plank Row, Inverted RowSets and Reps: 2 to 3 setsTRX Reach RowThe triangle icon that indicates to playHow to Do It:Hold the TRX handles with both hands. Lean back and release your left hand, straightening your right arm to support your weight. Squeeze your abs and glutes, then reach your left arm forward so your torso is level.Extend your left arm behind you and reach for the floor to create a T shape.Pull yourself upward, rotating your chest toward the TRX handle, and reach your left arm as high up on the strap as you can. Hold this position for a count.Slowly let your right arm straighten, lowering your torso until your hips and shoulders are square.Plank RowThe triangle icon that indicates to playHow to Do It:Get into a high plank position on a weight bench. Squeeze your shoulder blades, abs, and glutes to create full-body tension and fight anti-rotation. Rest one forearm on the bench, then grab a dumbbell in your other hand, hanging off the bench. Maintain tension to stay in position. Row the weight up to your chest, until your upper arm is parallel with your torso.

Pause for a beat at the top.Lower the weight back down under control. Inverted RowThe triangle icon that indicates to playHow to Do It:Set up a barbell in a squat rack or lower a Smith machine into position. Get under the bar and set it just higher than you can reach from the floor. Grab the bar with an overhand grip, just wider than shoulder-width apart. Pull yourself up off the floor, squeezing your shoulder blades, abs, and glutes.Pull yourself up, with the mindset that you're pulling the bar to your chest. Pause and emphasize the squeeze at the top. Lower back down under control. Fifth Exercise: Optimally-Loaded Biceps Movement Eb says: As you did in the beginner template, you've already put your biceps to work during your back exercises. Now, you'll finish them off with several moves that focus on elbow flexion. Much as you did with your back motions, start with a biceps exercise that'll let you train heavy. That means a curl that has you standing (or sitting), with your upper arms next to your torso. Examples: EZ Bar Curl, Dumbbell Curl, Barbell CurlSets and Reps: 3 sets of 12 to 15 repsEZ Bar CurlCarrastock/Getty ImagesHow to Do It:Use the same form cues as the barbell curl above. Consider adjusting your grip using the different positions offered by the EZ bar's design. Dumbbell CurlThe triangle icon that indicates to playHow to Do It:Use the same form cues as above.Barbell CurlThe triangle icon that indicates to playHow to Do It:Use the same form cues as above.Sixth Exercise: Curl with Upper Arm Angle Change and/or Curl with Wrist Position ChangeEb says: Once you've hit that first motion, your next exercise should change how you're hitting your biceps. If you choose to shift your palms to face each other as you curl, as you do in a hammer curl, you'll recruit your brachialis, which assists your biceps in elbow flexion and is a key contributor to arm size. You can also shift your elbows in front of your torso (as you do in a preacher curl) or behind it (as you do with incline curls). Either variation will limit your ability to cheat by rocking at the shoulders, and will force your biceps to adjust to a new challenge. Examples: Hammer Curl, Preacher Curl, Incline CurlSets and Reps: 2 to 3 sets of 12 to 15 repsHammer CurlThe triangle icon that indicates to playHow to Do It:Stand holding a pair of dumbbells in each hand in a neutral grip. Squeeze your shoulder blades, abs, and glutes to create full-body tension. Moving only at the elbows, raise the weight up. Rather than supinating, as you would in a standard curl rep, keep the neutral grip throughout the movement. Pause briefly at the top to emphasize the biceps squeeze.Lower the weight down with control.Preacher CurlThe triangle icon that indicates to playHow to Do It:Use a preacher curl bench or machine for this move. If you don't have one available, use an adjustable bench at a high angle. Set up so that your armpit hugs the bench. This helps to get into that upper arm angle shift.Get into a position so that you can create full-body tension, squeezing your shoulder blades, abs, and glutes. Grab your weight, keeping your wrist in position and your forearm just off the bench. Curl the weight up, stopping before your forearm is parallel to the floor. Emphasize the biceps squeeze at the top. Lower back down, stopping short of resting your forearm on the bench so that you can maintain constant tension. Incline CurlThe triangle icon that indicates to playHow to Do It:Start by setting an adjustable bench to a 60 degree angle. Sit in the bench, keeping your lower back flush to the pad and your butt on the seat. Hold a pair of dumbbells in each hand, allowing the weight to hang. Your elbows should be behind your torso, in line with your shoulders. Curl the weight up, moving only at your elbows. Control the tempo and feel your biceps working. Make sure that you don't use momentum to lift the weight or shift your shoulders or elbows forward. Lower the weight down under control. Seventh Exercise: Optional Finisher CurlEb says: Once you've hit your biceps from multiple angles and with load, you can finish by focusing on pump, with a lighter-weight exercise that allows you to maintain strict form. This isn't necessary, but it is often a fun way to finish a workout. Examples: Double Biceps Curl Drop SetReps and Sets: 1 to 2 setsDouble Biceps Curl Drop SetThe triangle icon that indicates to playHow to Do It:You'll need a pair of light dumbbells to perform this finisher, which demands that you pile up a high volume of reps in a short period. You'll perform three different curl variations—the standard biceps curl, hammer curl, and a parallel pause curl—to burn out the muscle for a crushing pump. Start by performing as many standard dumbbell curls as you can with perfect form. Once you start to fatigue, switch to a neutral grip and hammer curls.

Do as many perfect reps as you can here.After you can't do any more hammer curls, shift into a parallel pause curl hold (holding the weights at a 90 degree elbow position, parallel with the floor). Hold the position for as long as you can (aim for five seconds, minimum). Rest for a minute, then repeat for three total rounds. Ebenezer Samuel, C.S.C.S.