

Health, fitness, lifestyle

# TAYLAKFITNESS BICEPS EXERCISE GUIDE

Workout because you love your body, not  
because you hate it.

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[www.taylakfitness.co.uk](http://www.taylakfitness.co.uk)

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# STRETCHING AND WARMUPS



## Don't forget to warm up and cool down!

Dynamic stretching and static stretching are two different types of stretching techniques.

### Dynamic Stretching:

Dynamic stretching involves active movements, typically incorporated into warm-up routines before engaging in more intense physical activity. It helps joint range of motion, blood flow and reduced risk of injury.

Here are examples of dynamic stretches:

- Leg Swings: Swing one leg forward and backward in a controlled manner.
- Arm Circles: Rotate your arms in circular motions to warm up the shoulder joints.
- High Knees: March in place, lifting your knees towards your chest.
- Hip Circles: Rotate your hips in circular motions to improve hip flexibility.
- Jumping Jacks: Perform jumping jacks to engage multiple muscle groups and elevate your heart rate.

### Static Stretching:

Static stretching involves holding a stretch for an extended period, typically 15-60 seconds. It aims to improve overall flexibility, relaxes the muscle and elongate muscles. Static stretches are often performed after a workout during the cooldown phase.

Here are examples of static stretches:

- Hamstring Stretch: Sitting or standing, reach toward your toes, holding the stretch.
- Chest Opener: Clasp your hands behind your back and straighten your arms to open up your chest.
- Quad Stretch: Stand on one leg, bringing your heel towards your glutes, and hold the stretch.
- Calf Stretch: Place one foot behind you, keeping the heel on the ground, and lean forward to stretch the calf.
- Triceps Stretch: Bring one arm overhead and reach down your back, gently pulling on your elbow with the opposite hand.

Static stretching helps relax muscles, improve flexibility, and enhance overall range of motion. It's beneficial for

# BARBELL BICEP CURLS

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## Barbell Bicep Curls

### Setup

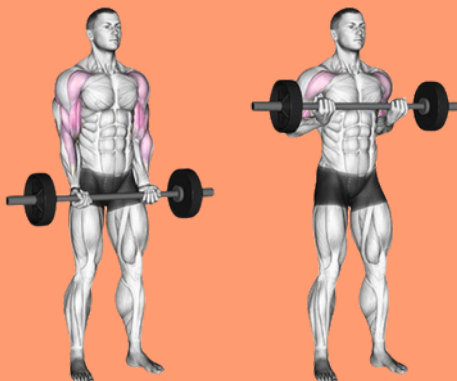
- Stand with your feet hip-width apart, core engaged, and chest lifted
- Hold a barbell (straight or EZ bar) with an underhand grip (palms facing up), hands about shoulder-width apart
- Arms should be fully extended at your sides, but elbows tucked close to your torso

### Form

- Curl the barbell upward by bending at the elbows, keeping them fixed in place
- Focus on squeezing your biceps at the top of the curl
- Slowly lower the bar back down to the starting position in a controlled motion
- Maintain good posture — don't swing your body or use momentum

### Tips

- Exhale as you lift, and inhale as you lower
- Keep your elbows pinned to your sides — avoid letting them drift forward
- Go slow on the way down to increase time under tension
- Avoid using your shoulders or back — let the biceps do the work



# DUMBBELL BICEP CURLS

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## Dumbbell Bicep Curls

### Setup

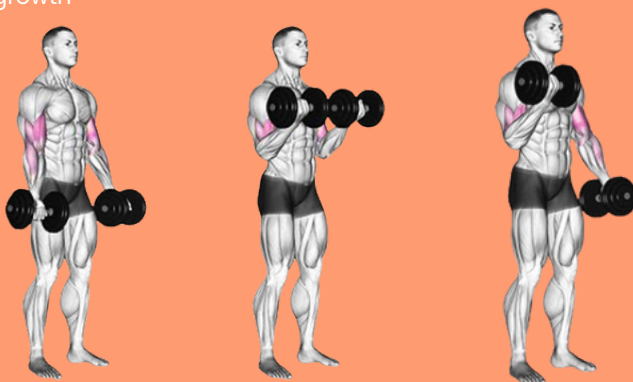
- Stand (or sit) tall with a dumbbell in each hand, arms fully extended at your sides
- Use a supinated grip (palms facing forward)
- Keep your elbows tucked close to your torso and your core engaged

### Form

- Curl the dumbbells upward by bending your elbows, lifting the weights toward your shoulders
- Focus on squeezing your biceps at the top of the movement
- Lower the dumbbells back down slowly and with control
- Keep your wrists straight and avoid swinging your body

### Tips

- Exhale as you lift, inhale as you lower
- Don't let your elbows drift forward — they should stay pinned at your sides
- You can curl both arms together, or alternate for more control and focus
- Avoid using momentum — slow and steady is more effective for growth



# DUMBBELL HAMMER CURLS

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## Dumbbell Hammer Curls

### Setup

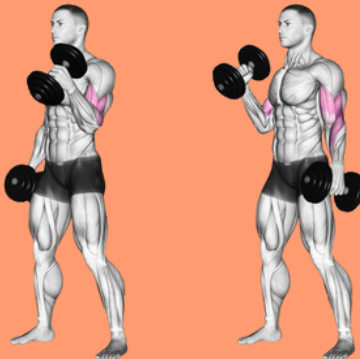
- Stand (or sit) with a dumbbell in each hand, arms fully extended by your sides
- Use a neutral grip (palms facing your torso) — like you're holding hammers
- Keep your elbows close to your body and your shoulders relaxed

### Form

- Curl the dumbbells up toward your shoulders, keeping your palms facing inward throughout the motion
- Focus on lifting with control and squeezing your biceps and forearms at the top
- Slowly lower the dumbbells back to the starting position
- Maintain good posture — no swinging or leaning back

### Tips

- Exhale as you curl, inhale as you lower
- Avoid flaring your elbows — they should stay locked in place
- You can alternate arms or curl both at the same time
- Perfect for building the brachialis, which helps your arms look thicker from the side ✨



# CABLE CURLS

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## Cable Curls

### Setup

- Stand facing a cable machine with the pulley set at the lowest position
- Attach a straight bar, EZ bar, or rope (depending on your preference)
- Grab the handle with an underhand grip (palms facing up), hands shoulder-width apart
- Step back slightly, stand tall with your chest up and core engaged

### Form

- Curl the bar up toward your chest by bending your elbows
- Keep your elbows pinned to your sides and avoid swinging
- Squeeze your biceps hard at the top of the curl
- Slowly lower the bar back down, keeping tension on the muscle

### Tips

- Exhale as you curl, inhale as you lower
- Don't let the weight pull your arms back — control both directions
- Keep your shoulders relaxed and down
- Try single-arm cable curls for more focus and balance



# PREACHER CURLS

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## Preacher Curls

### Setup

- Sit down at a preacher curl bench, adjusting the seat so your upper arms rest flat on the pad
- Hold an EZ bar, straight bar, or dumbbell with an underhand grip (palms facing up)
- Your armpits should rest comfortably at the top of the pad, and your back should stay upright and supported
- Start with your arms fully extended but not locked out

### Form

- Curl the weight up by contracting your biceps, bringing the bar or dumbbell toward your shoulders
- Keep your upper arms pressed into the pad at all times — no lifting or shrugging
- Squeeze your biceps at the top, then slowly lower the weight back down with control
- Maintain a steady tempo and avoid swinging or jerking the weight

### Tips

- Exhale as you curl, and inhale as you lower
- Avoid bouncing at the bottom — stop just before your arms are fully straight to keep tension on the muscle
- Preacher curls isolate the biceps by preventing other muscles from assisting, making this perfect for shape and detail 🏆
- For variation, try using dumbbells (single arm at a time) or a cable attachment to change the resistance curve



# INCLINE DUMBBELL CURLS

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## Incline Dumbbell Curls

### Setup

- Sit back on an incline bench set at a 45–60° angle
- Hold a dumbbell in each hand with your arms hanging straight down at your sides
- Use a supinated grip (palms facing forward)
- Keep your shoulders back, chest lifted, and core engaged throughout the movement
- Let your arms fully stretch at the bottom — this position gives a greater range of motion for your biceps

### Form

- Curl the dumbbells up toward your shoulders by bending at the elbows
- Keep your upper arms still — only your forearms should move
- Squeeze your biceps at the top, then slowly lower the dumbbells back down to the starting position
- Control the movement both up and down to maximize tension on the muscle
- Maintain good posture — don't let your shoulders roll forward

### Tips

- Avoid swinging the weights or using momentum — keep the movement strict and controlled
- Exhale as you lift, and inhale as you lower the weight
- Start with a moderate weight so you can maintain form and focus on the stretch and squeeze
- Incline curls target the long head of the bicep, helping with that "peak" shape 