

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE BEST BICEPS EXERCISES



If you want to build big biceps but don't know where to start, you need to make sure you're doing the right exercises. People may spend years working out their biceps, but if you are training inefficiently, you won't notice any results.

TOP 5 BICEPS EXERCISES

Incorporate these movements into your workout routine. If you do these regularly with proper form, you should see an increase in the strength and size of your arms.

01. Barbell Curl

The barbell curl has been around since the days of [Sandow](#) and it remains one of the best all-around biceps builders you can do.

02. E-Z Bar Biceps Curl

The E-Z Bar variant of the barbell curl is an effective biceps builder and is also good for giving your wrists and elbows a break from the barbell curl.

03. Alternating Dumbbell Curl

Like the barbell curl, the dumbbell curl has been used to train the biceps since the advent of bodybuilding.

04. Hammer Dumbbell Curl

The hammer curl is my favorite exercise for building the biceps brachialis, which is why many bodybuilders do it to improve their biceps peak.

05. Chin-Up

The chin-up is a **functional movement** that builds your biceps.

THE BOTTOM LINE ON BICEP WORKOUTS

- ✓ In most ways, building great biceps is like building any other part of your body.
- ✓ You have to do the right exercises.
- ✓ You have to lift heavy weights.
- ✓ You have to do enough weekly volume.
- ✓ And you have to be patient.

This last point is particularly true with biceps, though (and [shoulders](#) as well). Unless they're a genetic strength of yours, it takes *time* to go from scrawny to brawny.

I'd say one year of training to fill your shirt sleeves, two years to get compliments regularly, and three years to look like a fitness model.

Another thing I've seen after working with thousands of people is many simply can't gain size in their biceps unless they're [bulking](#).

They saw significant [newbie "recomp" gains](#) everywhere else but just couldn't add significant size to their biceps until they were in a calorie surplus.

So, train hard, stay consistent, and eat right, and you'll get the biceps you want.

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