

## Bigger Biceps are in Your Future - [Exercises](#) to Build up Your Biceps

In our American culture everyone wants instant success, including instant oatmeal, instant cell phone service, instant weight loss and instant big biceps. Instant biceps are not available yet, but there is a way to build them up quickly with an action plan and execution of that plan. Take a look at the following exercises and you'll see what you need to do to build bigger biceps rather quickly.

- One-Arm Preacher Curl – The one-arm preacher curl is executed on preacher bench (if a preacher bench is not handy make due as best you can). Extend your arm out then grab the dumbbell with your hand facing up towards the ceiling and grip the weight. Now pull the dumbbell towards your shoulder in a slow but steady motion. Lower the dumbbell with the same tempo back down to the starting position. Do three sets of 8 to 10 reps with a weight that matches your strength to complete 24 to 30 repetitions.
- Hammer Curl – The hammer curl is must include bicep exercise if your goal is to build biceps up quickly. Start this bicep exercise by sitting in the upright position holding a dumbbell in each hand with the palms of your hands facing each other with your arms hanging straight down on the side of your body. Slowly raise the dumbbell up while bending your elbow in a motion similar to raising a hammer to strike a nail up to shoulder level. Then slowly lower the dumbbell down to the starting position. Alternate arms while doing this exercise with your right first then your left arm second with a slow steady motion repetition by repetition. Do three sets of 8 to 10 repetitions with a weight that's light enough to complete all the repetitions with ease.
- Barbell Curl – Stand with your feet shoulder with apart. Grip the curl bar with an underhand grip with the bar at mid-thigh level with arms full extended and palms facing up before you start doing repetitions. Raise the curl bar slowly towards your chest then slowly lowering back down to the starting position. Complete this repetition 8 to 10 times with three sets during each workout. Make sure to use a weight that is light enough so you can complete 3 sets of 8 to 10 repetitions easily.

Do these [bicep exercises](#) three times a week on a consistent basis will build your biceps up quickly. Make sure to maintain a healthy diet, get plenty of rest, and drink a minimum of 8 glasses of water per day. When doing these bicep exercises make sure you maintain proper form keeping your shoulders square, your back and head need to stay straight, and make sure you never jerk the weight up. Slow and steady repetitions are recommended when performing these bicep exercises and all exercises for that matter.

About Upward Motion Personal Training: Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Women's Butt and Gut Classes, Piloxing classes, an [on-line store](#) , [Corporate Wellness Programs](#), and Upward Motion Personal Training's Y.E.S. To Success Program. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

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