



Most Effective Dumbbell Workouts for Beginners in Building Bigger Biceps

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ABSTRACT:

Curls are the key when bulking up the biceps, but it's not as easy as simply ripping through an outlandishly high number of sets of standard dumbbell curls. It need to get the pacing of workout right to truly test biceps, and also do a variety of curls so working the muscles from all angles is beneficial. AIM: The purpose of the study is to find the most effective biceps workout along with brachioradialis in building bigger biceps for body builders METHODOLOGY: The total numbers of body builders in this study were 20 young body builders between 19-25years. The flexible inch tape is used to measure the bulk of biceps. RESULT: The Triceps, brachialis and brachioradialis muscles, helps in the movement of elbow joint, also add size and shape to the pipes. After the analysis, the results of the study showed that dumbbell workouts are effective in building biceps along with brachialis and triceps in building bigger biceps. CONCLUSION: It is concluded that dumbbell workouts are effective in building bigger biceps in body builders to enhance the performance

KEY WORDS: Dumbbell Workouts, Bigger Biceps, Body Builders.

INTRODUCTION:

Most people start their biceps routine with a straight bar curl, arguably the best mass-building move there is for the body part. But starting their fatigues some of the smaller muscles of the arm, making it hard to get them to respond later in routine and thus hampering long term mass gains. Muscles eventually get bored by the same old workout. They learn to be more efficient, and they just flat out quit growing in the absence of new challenges. By working smaller muscles first in workout, can burn them out and require the larger muscles to work even harder to recruit more muscle fibers. And while this may seem contrary to the physiological standards for muscle expression, continual stress forces continual recruitment, which should translate into greater strength and size gains in the long run.

Biceps Imbalance

Most of us are either right-handed or left-handed, and more people than you would think have one biceps that's slightly bigger than the other. When this size discrepancy is less than half an inch, it's barely noticeable.

However, when the difference in arm size is more significant—some guys have more than a 1-inch difference in their arms—it can be downright embarrassing, and at the very least frustrating. Smaller arm is most likely the weak arm, so it doesn't make sense to load the weak arm up with more weight or more reps. The key to bringing up the smaller arm lies in two training variables - volume and frequency. Try adding a few extra sets of dumbbell or unilateral cable curls to the smaller arm at the end of the biceps workouts.

The best bicep workouts and exercises allow increasing muscle mass, strength, stability and aesthetic appeal. Adding these movements to overall fitness regime can elevate routine from a basic gym-goer's attempt to one of the best on the planet.

1. Alternating Incline Dumbbell Curl
2. Seated Alternating Hammer Curl
3. Standing Reverse Barbell Curl
4. Seated Alternating Dumbbell Curl
5. Standing Cable Curl

6. Standing Barbell Curl
7. Zottman Curl
8. Decline Dumbbell Curl
9. Concentration Curl
10. Cable Flex Curl
11. Preacher Curl
12. Seated Cable Row
13. Bent over Row

AIM

Aim of the study is to evaluate the efficacy of biceps workout along with brachialis and triceps in building bigger biceps for body builders.

OBJECTIVE

The objective of the study is to evaluate the efficacy of biceps workout along with brachialis and triceps in building bigger biceps using inch tape measurement,

NEED FOR THE STUDY

When it comes to arm training, one muscle in particular always seems to hog the spotlight. The biceps brachii is the large two-headed muscle that makes up much of your upper arm, but it doesn't work alone.

The triceps, the brachialis and brachioradialis muscles, which help in the movement elbow joint, also add size and shape to the pipes, though it takes a little extra manipulation to get them to grow. The brachialis makes up a good part of forearm as well and will complete arm development by adding a Popeye-like lower arm to that bulging biceps. Triceps helps in increasing the bulk of the bicep. In other words, biceps training isn't just about training the biceps.

MATERIALS AND METHODOLOGY

MATERIALS REQUIRED:

- Measuring tape
- Paper and pen
- Table and chair

STUDY DESIGN: Experimental study design

STUDY SETTING: FITNEZ HEAVEN GYM, Palakarai, Trichy. Under the supervision of concern trainer who is MR, TRICHY (2021), MR. TAMILNADU (2021).

SAMPLING TECHNIQUE: Purposive sampling

DURATION OF STUDY: 2 months

SAMPLE SIZE: Sample size is 20

INCLUSION CRITERIA:

- Male body builders
- Age between 19yrs to 25 yrs
- BMI below 25

EXCLUSION CRITERIA:

- History of upper or lower limb injury within past 6 months
- Systemic illness
- Musculoskeletal and neurological disorders
- Recent surgeries

- Female body builders
- Age above 25yrs

OUTCOME MEASURE:

- Measuring Tape

Average biceps size by age

Arm circumference and biceps size change with age. The average biceps size varies between the sexes, too. The average circumference of the middle arm by age and sex based on information from the Centers for Disease Control and Prevention Trusted Source..

AGE	MALE (Average biceps size in inches)	FEMALE (Average biceps size in inches)
20– 29	13.3	12.4
30 – 39	13.8	12.9
40 - 49	13.9	12.9
50 – 59	13.5	12.9
60 – 69	13.4	12.7
70 - 79	12.9	12.6
80 +	12.1	11.4

How to measure biceps size

There are two ways you can measure your biceps size: relaxed and flexed. Having someone else measure for you will be easier, especially when taking your relaxed measurement.

To measure your relaxed biceps:

1. Stand up straight with your arms relaxed at your sides.
2. Have someone else hold soft measuring tape around your biceps, which is the midpoint between the tip of your shoulder and tip of your elbow.

To measure your flexed biceps:

1. Sit at a table and rest your arm on the tabletop.
2. Make a fist. Curl your forearm up toward your shoulder, as if doing a bicep curl, flexing as hard as you can.
3. Hold the end of a soft measuring tape over the highest point of your biceps and around it so both ends meet to give you your measurement.

WORKOUT PROCEDURE

The plan is simple: it's a workout made up of four supersets. Do the moves in order, sticking to the sets, reps, tempo and rest periods.

Do it five times a week for eight weeks twice a day. Aim to increase the weights, lifting every second session. This will consistently keep biceps muscles out of the comfort zone and exposing them to an ever-increasing workload, which is the key to impressive muscle mass gains.

To avoid overtaxing the muscles, dropping biceps moves already doing and replacing them with pressing moves that work the chest, triceps and shoulders to help keep the body balanced.

Move through a full range Moving muscles through the full range of motion, engage the maximum number of muscle fibers, which is the key to faster growth. And avoid swinging the weights up using momentum – cheat reps will hinder, not help, your gains.

Squeeze at the top of the move At the top of every rep (when the hands are closest to the chin), squeeze biceps as hard as possible for one second. This will fire up extra muscle fibers to hold the weight steady and increase blood flow for a muscle-building pump.

Stretch at the bottom At the bottom of every rep (when arms are fully straight), stretch triceps as hard as possible for one second. This will help to go through a full range of motion, as well as removing any momentum from reps.

Using Mind to Build Muscle

The three mental workout rules to follow to accelerate the progress

1. *Visualise the move* Thinking about how biceps are contracting to move the weight will build quicker neural pathways between brain and biceps. The faster they fire, the faster the growth.
2. *Count the tempo* Sticking to the detailed tempo will expose biceps to more tension. Counting the two-second lowering part - in the head, ideally - will make sure not to rush the reps.
3. *Go high to low* Counting down the reps will help push through hard sets because as it know the end is in sight. Counting up, especially for long

sets, makes it harder to stay motivated.

The Workouts

- **Single arm dumbbell preacher curl**
- **Incline dumbbell curl**
- **Dumbbell hammer curl**
- **Skull Crusher**
- **Eccentric Skull crusher to Double Press**

Single arm dumbbell preacher curl

Holding a dumbbell, place the working arm on top of the preacher bench. Slightly rotate your body and slowly lower the dumbbell until your arm is fully stretched, then squeeze your biceps hard to reverse the curl back to the starting position.

Sets 3 Reps 6-8 each side Rest 90sec, 5 sessions per week, twice a day for 2 months

Incline dumbbell curl

Set the bench to an incline of about 60°. With your palms facing forwards, initiate the lift by contracting your biceps and curling the weight up. When your forearm is parallel to the floor, hold for one second and flex your biceps hard. Then lower the weight slowly back to the start position. At the bottom, flex your triceps to fully stretch your biceps.

Sets 3 Reps 8-10 Rest 90sec, 5 sessions per week, twice a day, for 2 months.

Dumbbell hammer curl

Hold a dumbbell in each hand, arms by your sides with your palms facing inwards. Keeping your torso completely still, curl the weights up. Lift until your arm is fully flexed, pause briefly and then return to the starting position.

Sets 3 Reps 10-12 Rest 90sec, 5 sessions per week, twice a day, for 2months

Skull Crusher,

Select an appropriately weighted dumbbell and lay down on a bench with feet planted on the floor. Ensure both back and butts are in contact with the bench at all times. Raise hands, perpendicular to the bench. Now, keeping upper arm stationary, bend elbows to bring the dumbbell towards the top of the head and go back in the perpendicular position.

Sets 3 Reps 5-10 Rest 90sec, 5 sessions per week, twice a day, for 2months

Eccentric Skull crusher to Double Press

Lie back on the bench holding a pair of dumbbells. Raise the weights for a skull crusher, then take 3 seconds to emphasize the eccentric movement as lowering down to the bottom position.

Instead of extending elbows to move the weight back up into the top position, move the weights to chest and straight into a pair of explosive close-grip press reps.

Sets 3 Reps 5-10 Rest 90sec, 5 sessions per week, twice a day, for 2months

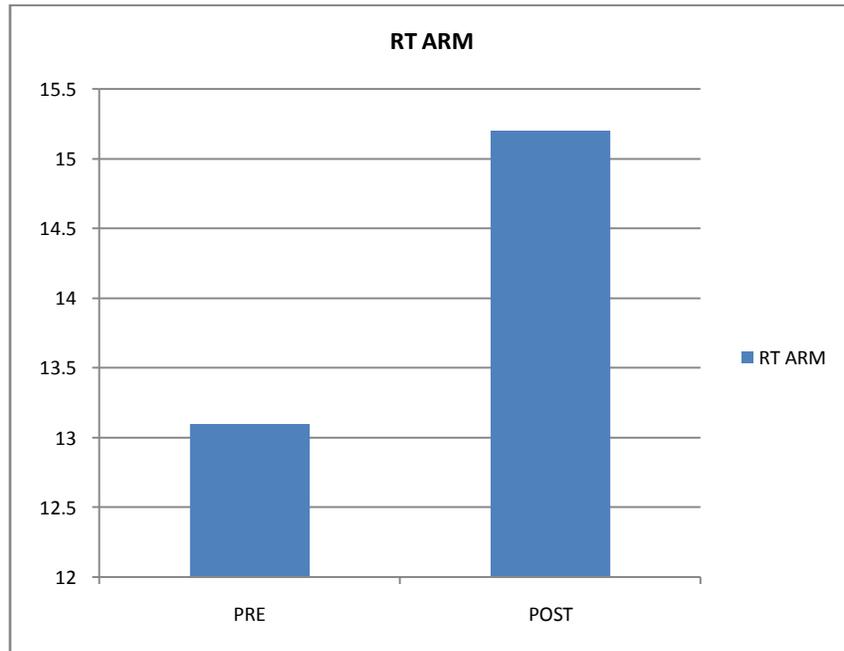
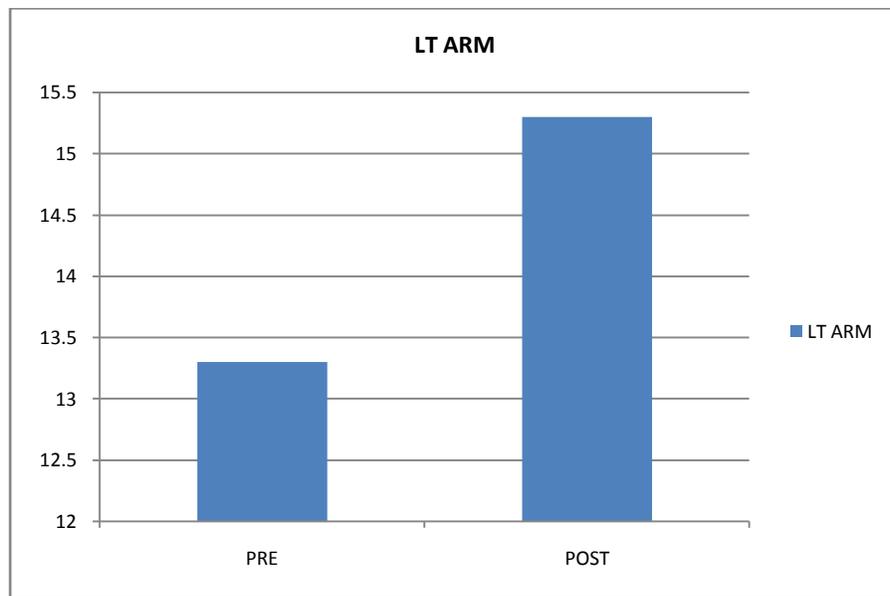
DATA ANALYSIS

TABLE 1 – REPRESENTING INCH TAPE MEASUREMENT VALUES OF RT ARM

TOOL	N	PRE SCORE MEAN	POST SCORE MEAN	MEAN DIFF	SD	t - value	df	Std error difference
NPRS	20	13.1	15.2	2.1	0.4	27.1	19	0.08

TABLE 2 – REPRESENTING INCH TAPE MEASUREMENT VALUES OF LT ARM

TOOL	N	PRE SCORE MEAN	POST SCORE MEAN	MEAN DIFF	SD	t - value	df	Std error difference
NPRS	20	13.3	15.3	2	0.3	27	19	0.08

GRAPH 1 REPRESENTING INCH TAPE MEASUREMENT VALUES OF RT ARM**GRAPH 2 – REPRESENTING INCH TAPE MEASUREMENT VALUES OF LT ARM**

RESULT:

The result showed that, there was a significant difference in the outcome measure. When compared to the pre and post workout measurements, a significant increase in muscle bulk is noticed.

DISCUSSION

The study was designed to evaluate the efficacy of biceps workout along with brachialis and triceps muscle in building bigger biceps.

“The position of the shoulder can influence biceps activity throughout the range of motion, says Greg Burns, a trainer at Embody Fitness. The preacher curl provides greater activation in the first third of the ROM and targets the short head, while the standing curl gives the greatest activation in the final third of the movement and targets the long head. For full stimulation you should train using a variety of exercises with differing points of peak contraction.”

“The long head of the biceps crosses the shoulder joint, which means that it’s possible to pre-stretch the muscle in certain exercises to cause higher levels of muscle activation,” says Burns. “Incline dumbbell curls are the perfect example of this. Another trick to stimulate the long head more is to bring your shoulders forwards slightly as you reach the top of a curl.”

“The brachialis muscle is an elbow flexor and due to its position under the biceps it literally pushes the biceps up as it gets bigger, which can create a higher peak on the biceps,” says Burns. “Doing curls with a neutral or ‘hammer’ grip is an excellent way to develop the brachialis. Studies show that the brachialis tends to have more slow-twitch fibers than the biceps, so performing the eccentric portion of the lift slowly increases brachialis activation.”

The brachialis and brachioradialis muscles, which help flex the elbow joint, also add size and shape to the pipes, though it takes a little extra manipulation to get them to grow. The brachioradialis makes up a good part of forearm as well and will complete arm development by adding a Popeye-like lower arm to that bulging biceps. In other words, biceps training isn’t just about training the biceps.

The skull crusher and eccentric skull crusher are a go-to triceps move because it gives a chance to isolate the muscle. The lying position allows to kill any momentum, which are use to cheat in other moves.

Although a standard pushup doesn’t target the biceps muscle, changing the position of the hands can make this muscle play a larger role in the movement. Thus the study proved that there was a significant increase in Biceps bulk.

CONCLUSION

The study concluded that the dumbbell biceps workout along with brachialis and triceps enriches in building bigger biceps in body builders.

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