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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## **Exercise The Right Way – The Biceps Curl**

**By Rick Mitchell**

**Exercise The Right Way – The Biceps Curl by Rick Mitchell**

In this article we'll take a close look at the biceps curl using a barbell.

MUSCLES TARGETED: brachialis, biceps brachii, brachioradialis

PREPARATION

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

## **Moving From Beginner To Intermediate Level Bodybuilding**

**By Rick Mitchell**

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MONDAY (Chest, Triceps, Shoulders)

1. Chest Exercises

## Exercise The Right Way – The Biceps Curl

Pec-deck flye – this is an isolation exercise that works the pectorals.

### 2. Triceps

Dips – this compound exercise targets the triceps but also works the chest and shoulders.

### 3. Shoulders

Front military press – this compound exercise targets shoulders but also works the triceps.

Dumbbell lateral raises – this isolation exercise works the shoulders only.

Bentover dumbbell laterals – this isolation exercise works the rear delts.

## WEDNESDAY (Back, Biceps, Forearms)

### 1. Back

Front lat pulls – compound exercise that targets lats but also works the biceps and mid-back.

Dumbbell rows – compound exercise that targets mid-back but also works biceps and lats.

Dumbbell shrugs – isolation exercise that works traps.

### 2. Biceps

Dumbbell biceps curl – isolation exercise that works the biceps.

Dumbbell hammer curls – isolation exercise that works the biceps.

### 3. Forearms

Barbell wrist curl – isolation exercise that works the forearms.

## FRIDAY (Lower Body)

### 1. Legs

Leg extension – isolation exercise that works the quads.

Leg curls – isolation exercise that works the hamstrings.

Standing calf raise – isolation exercise that works the gastrocnemius calf muscle.

Seated calf raise – isolation exercise that works the soleus calf muscle.

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