

MUSCLE OF THE MONTH

Biceps

Long Head
Short head

The Bicep Brachii crosses both the elbow joint and the shoulder joint. The biceps primary action is to flex the elbow joint when the forearm is supinated, (palms facing up).

The biceps brachii consists of two heads, long and short. The long head originates on the top of the glenoid fossa, with the short head originating on the coracoid process. The biceps brachii inserts onto the tuberosity of the radius.



EXERCISES

Bicep Curls



Bicep Wall Stretch



Pointers

Bicep Curls

1. Stand with feet about hip-width apart, abs engaged as you hold the weight in front of the thighs.
2. Squeeze the biceps and bend the arms, curling the weight up towards the shoulders.
3. Keep the elbows stationary and only bring the weight as high as you can without moving the elbows.

Bicep Wall Stretch

1. Place the palm, inner elbow, and shoulder of one arm against the wall.
2. Keeping the arm in contact with the wall, exhale and slowly turn your body around, to feel the stretch in your biceps and pectoral muscles.

Resistance training is all about keeping your muscles under tension. Always ensure your repetitions are done slowly and in a controlled manner.

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