



Bent-over spider curl

This variation on the curl allows you to hit your biceps more effectively – and also works the triceps, helping you to add overall size to your upper arms.

- Stand tall holding an EZ-bar with a close grip with your arms fully extended.
- Bend forward from the hips so that your elbows are resting on your inner thighs.
- Curl the bar up towards your chin, keeping your elbows on your thighs, then squeeze your biceps at the top of the move.
- Take three seconds to lower the bar until your arms are fully straight, then flex your triceps at the bottom.
- Repeat for three sets of 12 reps.

Why it works

“Spider curls place the greatest emphasis at the top of the resistance curve, which means you feel the maximum tension at the top, ‘peak contraction’ part of the movement,” Mitchell says. “This allows you to hit the short head of the biceps, which is responsible for the peak you see in well-developed upper arms.”

MAKE IT EASIER 1



Supine overhead cable curl

Lying on a bench stabilises your body so you can focus exclusively on working your biceps directly. The range of motion is slightly reduced in this variation, so really focus on squeezing your biceps at the bottom and flexing your triceps at the top.

- Lie flat on your back on a bench with a straight or EZ-bar cable attached to the high pulley.
- Hold the bar with your arms straight, above and slightly behind you.
- Curl the bar so that it comes down below the back of your head, squeezing your biceps.
- Slowly return the bar to the start position, flexing your triceps as your arms straighten.



MAKE IT EASIER 2



**Kneeling
overhead curl**

Kneeling means your legs are not engaged so you can place more effort on your core to keep your torso stable, while focusing on working your biceps through their full range of motion.

- Kneel on the floor in front of a cable machine with a bar attached to the high pulley.
- Hold the bar with a narrow grip so that your arms are straight and the bar is directly above your head.
- Curl the bar so that it comes down below the back of your head and squeeze your biceps.
- Slowly return the bar to the start position, flexing your triceps as you straighten your arms.