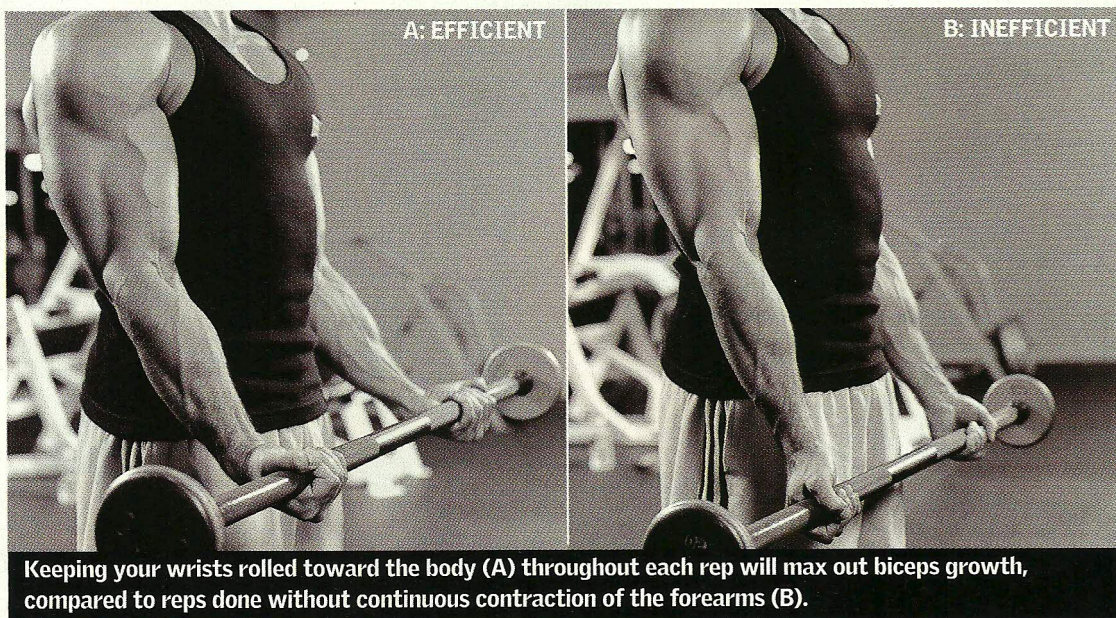


BODY SHOP ■ A simple technique for amazing gains in biceps size and strength By Chris Cosich, B.S., C.F.T., C.S.C.S.

Wrist Twists for Bigger Biceps



Keeping your wrists rolled toward the body (A) throughout each rep will max out biceps growth, compared to reps done without continuous contraction of the forearms (B).

It's easy to get caught up in looking only at the big picture and forgetting to sweat the details. For example, you'll spend an hour washing the car but never check the tire pressure; buy \$100 running shoes but \$1 socks; brush but not floss; and in the never-ending quest for bigger biceps, curl as much weight as possible but ignore the form tweak that would bear big gains. This shortsighted approach may work for a while, but sooner or later you'll reach the point of diminishing returns.

If your idea of biceps training is to do three or more sets each of three or more curling movements, you need to retrain your mind before training your body. Three or more heavy sets dedicated to biceps can result in overtraining, wherein the amount of stress placed on the muscle is too much for the body to recover from.

The key to successful biceps training, and training in general, is maintaining a full contraction for the total range of motion. To maintain a full contraction during curls—rep in, rep out—you must keep your forearms flexed throughout the movement. If they're not fully contracted, neither will your biceps be. And without that

contraction, your training will result in minimal gains.

GET A GRIP

Competitive bodybuilders learn to “pose,” or contract, their muscles to maximize their appearance and look as big as all get-out. When bodybuilders pose their biceps, ever notice how the palm is rotated toward the forearm, and the thumb is either tucked inside the fingers or across the middle digit of the fist? There's good science behind this quirk. The rotation generates a full contraction, thus maximizing the “peak” appearance of the biceps.

Using this grip while curling will produce surprising results. Simply position your grip on the bar so the bar rests closer to the

