

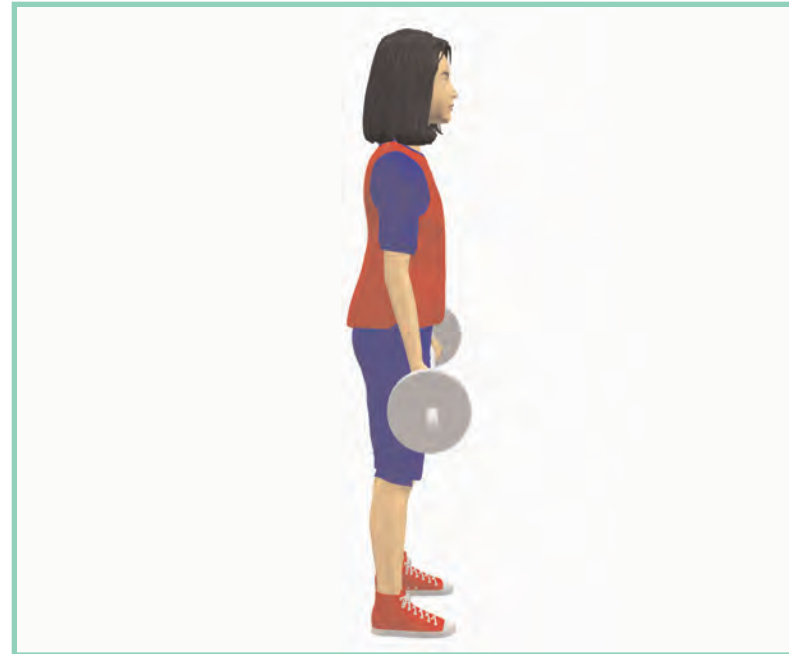
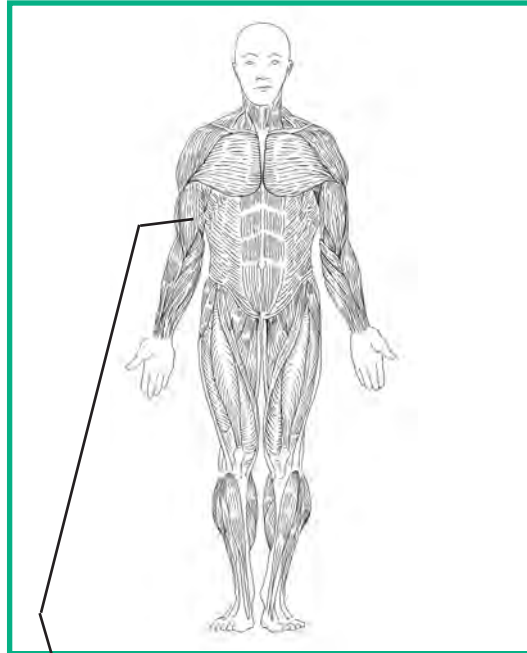


# Biceps Muscles

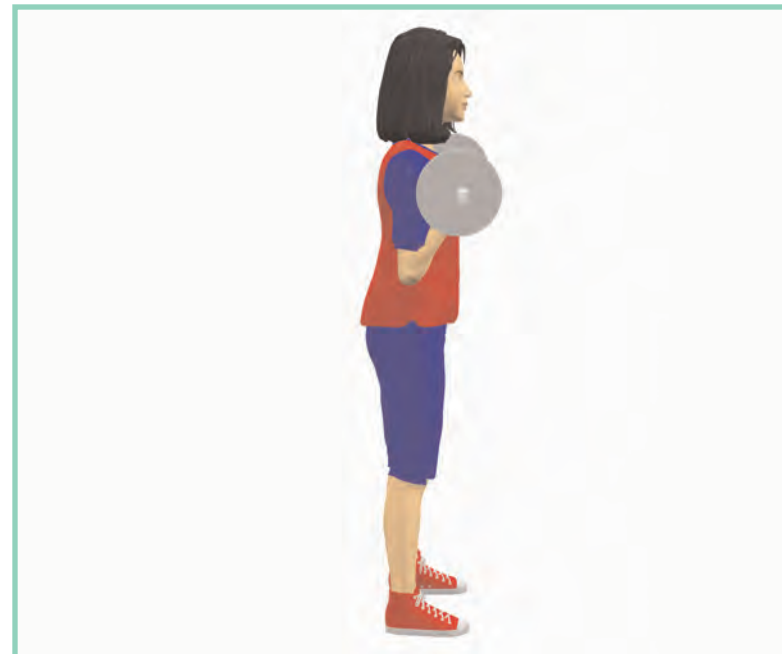
## Resistance Training



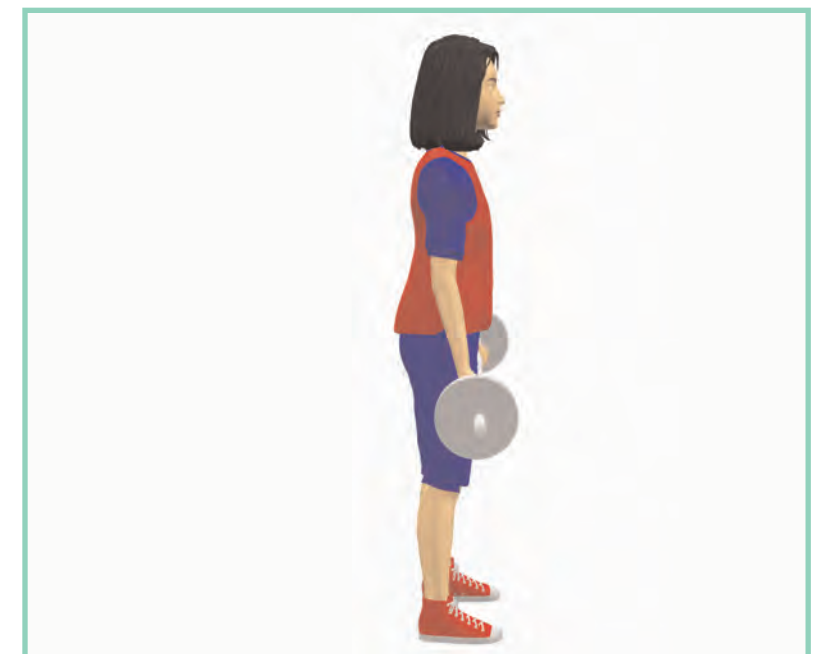
### Biceps Curl



**Prepare**

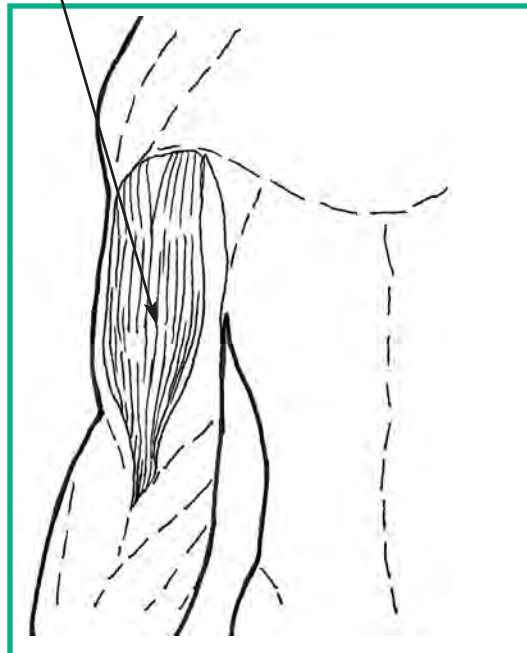


**Lift**



**Lower**

### Elbow Curl



**Prepare**



**Raise**



**Lower**