Twitter Thread by Muscle Surge



Muscle Surge
@MUSCLESURGE

Best Exercises for Building Your Biceps Fast

1. alternate inclined dumbbell curl

2. Barbell reverse spider curl

3. Cable Close Grip Curl

4. Cable Overhead Curl

5. Ez bar biceps curl close grip

6. Zotman curls dumbbells - simultaneous

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https://t.co/YYSpKbUdtl

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>
> 1. alternate inclined dumbbell curl pic.twitter.com/mS0mgUgOFF
>
> — Muscle Surge (@MUSCLESURGE) January 15, 2023