

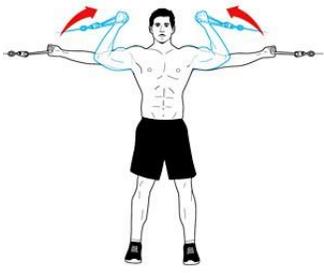
Muscles as Movers: Upper Chain I

(Biceps, Triceps, Shoulders)



Biceps

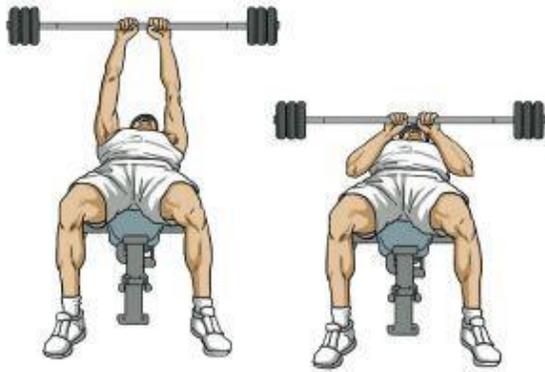
Exercise	Why it Made the List
<p>Incline Dumbbell Hammer Curl</p> 	<p>The incline puts more stretch on the bicep and therefore the muscle must overcome this stretch to contract and lift the weight. This is a great exercise to overcome a plateau.</p> <p>Slow and controlled on the way down to arms straight. This can also be done with a regular curl grip.</p>
<p>Wide Grip Barbell/Weighted Bar Curl</p> 	<p>Keeping the elbows locked into your side then creating a wide angle externally rotates the shoulder, which means more activation of the short head muscle of the Bicep.</p> <p>This exercise can be done using a weighted bar or dumbbells.</p>
<p>Regular Dumbbell Bicep Curl or Zottman Curl (twist dumbbells)</p> 	<p>The regular grip dumbbell curl is a classic bicep exercise. The great part about this exercise is that you can get creative with the grip. Narrower and you will emphasize the long head of the bicep, while a wider grip with emphasize the short head of the muscle. This give you control to find what is most comfortable.</p> <p>The Zottman curl focuses on elbow flexors. Your palms are supinated (facing you) on the up and pronated (away from you) on the way down. This rotation hits all the elbow flexors.</p>

<p>Overhead Concentration Curl</p> 	<p>This exercise is similar to a seated bent over concentration curl, but it is upright and overhead creating a harder angle to activate the biceps.</p> <p>I prefer this exercise as a single arm movement because it puts less strain on the shoulder.</p>
<p>Standing Bicep Cable Curl</p> 	<p>This made the list because with a cable machine the weight is constant throughout the movement. This causes some instability in your joints requiring you to activate not only the bicep but also the stabilization muscles.</p>
<p>**Important: if you are looking to build muscle size specifically for biceps also incorporate exercises such as Bent Over Row and Lat Pulldown. These exercises use the Biceps secondarily, but you can lift a lot more weight with these compound movements. Then supplement the rest of your bicep workout with the exercises above.</p>	

Triceps

Exercise	Why it Made the List
<p>Skull Crusher</p> 	<p>This movement has been supported by research to maximize activation. It does not isolate any part of the tricep muscle, but it does activate both long and short head of the muscle.</p> <p>This can be done using dumbbells or a bar and, on the floor, or on a bench.</p>

Close Grip Bench Press



This is a compound movement which is known for chest growth but move the grip closer together and now you're activating the triceps! Compound movements are usually best for muscle growth and effectively target smaller muscle groups.

Close Grip Push Up



If you are looking for a body weight exercise for the triceps, this is a great choice! My personal preference is to do this movement elevated on a bench for shoulder health.

Single Arm Tricep Kickback



This exercise only makes the list because of the incline bench. Regular kickbacks have too much percentage of error. It is very easy to cheat by rotating the torso, limiting contraction and increasing risk for injury. Pull up a bench and lock that elbow into place, nothing else should move.

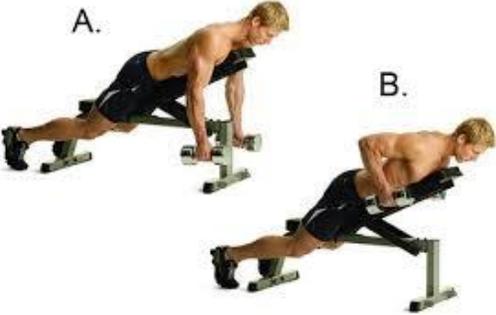
Cable Pushdown



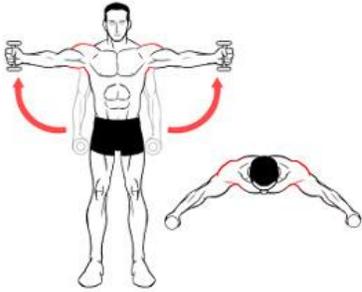
This is a gold standard when it comes to tricep exercises and turns out it works! It activates all aspects of the triceps, even more so than the Skull Crusher.

Just remember to keep the elbows locked into your side.

Shoulders

Exercise	Why it Made the List
<p data-bbox="203 359 578 386">Dumbbell or Barbell Push Press</p> 	<p data-bbox="824 394 1398 527">This allows you to push more weight and do more reps. It is also considered a total body movement which means less isolation and safer for the shoulders.</p> <p data-bbox="824 573 1398 638">Looking for an alternative to keep the shoulders healthy? Turn your hands to face you.</p>
<p data-bbox="203 898 464 926">Dumbbell Incline Row</p> 	<p data-bbox="824 932 1406 1100">You might think this is an odd choice, but back exercises also work the shoulders. This exercise has been proven time and time again in research to have high rear deltoid (rear shoulder) activation.</p>
<p data-bbox="203 1329 477 1356">Dumbbell Lateral Raise</p> 	<p data-bbox="824 1362 1390 1533">This exercise makes the list for middle and rear deltoid activation. It is common to raise the dumbbells with your upper back rather your shoulders so try to keep shoulders down as you raise.</p> <p data-bbox="824 1579 1414 1711">Protect the elbows by keeping them slightly bent. Raising a weight straight out to your side can be very difficult so if the shoulder bothers you move your arms to a 45 degree angle.</p>

Dumbbell 45 degree Front Raise



This is the modification mentioned above for the lateral raise. It protects your shoulder and targets the front shoulder muscles.

Single Arm Dumbbell Overhead Press



If you have overhead shoulder press in your workout my advice is to always stick to single arm. Not only will it help prevent strong vs weak sides but also will help prevent easy mistakes with the regular technique such as arching the back and leaning sideways.