



# ***2022 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE***

**October 25 - 28, 2022 | ONLINE | 2.0 CEUs**



# 5 Game-Changing Biceps Training Tips

*Using the same equipment you're using now, you can unlock new muscle development with just a few simple changes.*

- The mistakes even experienced lifters and trainers make
- The redundant biceps exercises you just don't need to do
- The missing biceps exercises your workout needs

# ***CONFLICT OF INTEREST STATEMENT***

I currently have, or I have had in the past 2 years an affiliation or financial interest with [NT Loop] around this presentation, including:

- Consulting
- Employment
- Stock holder or stock options
- Royalties or licensing fees
- Honoraria
- Promotional fees
- Research funding
- Corporate laboratory funding
- Scholarship
- Other(s)

# 1. You Don't Need Shoulder Flexion to Train the Biceps Short Head



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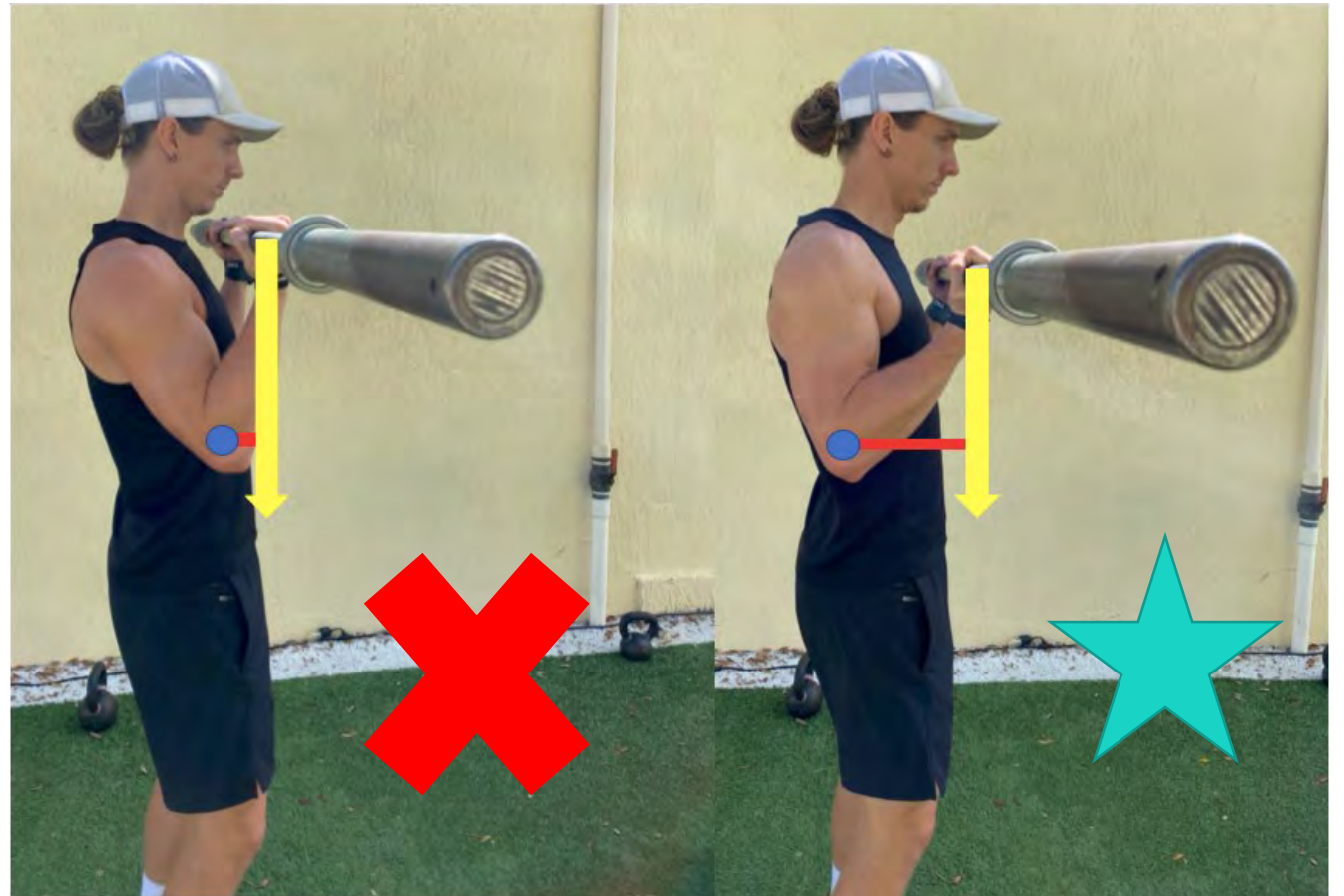


“Short head of the biceps gets loaded to a greater degree when your elbow is flexed to 90-degrees while the arm is at your side.”

Jarrett, Claudius & Weir, David & Stuffmann, Eric & Jain, Sameer & Miller, Mark Carl & Schmidt, Christopher. (2011). Anatomic and biomechanical analysis of the short and long head components of the distal biceps tendon. *Journal of shoulder and elbow surgery / American Shoulder and Elbow Surgeons ... [et al.]*. 21. 942-8. 10.1016/j.jse.2011.04.030.



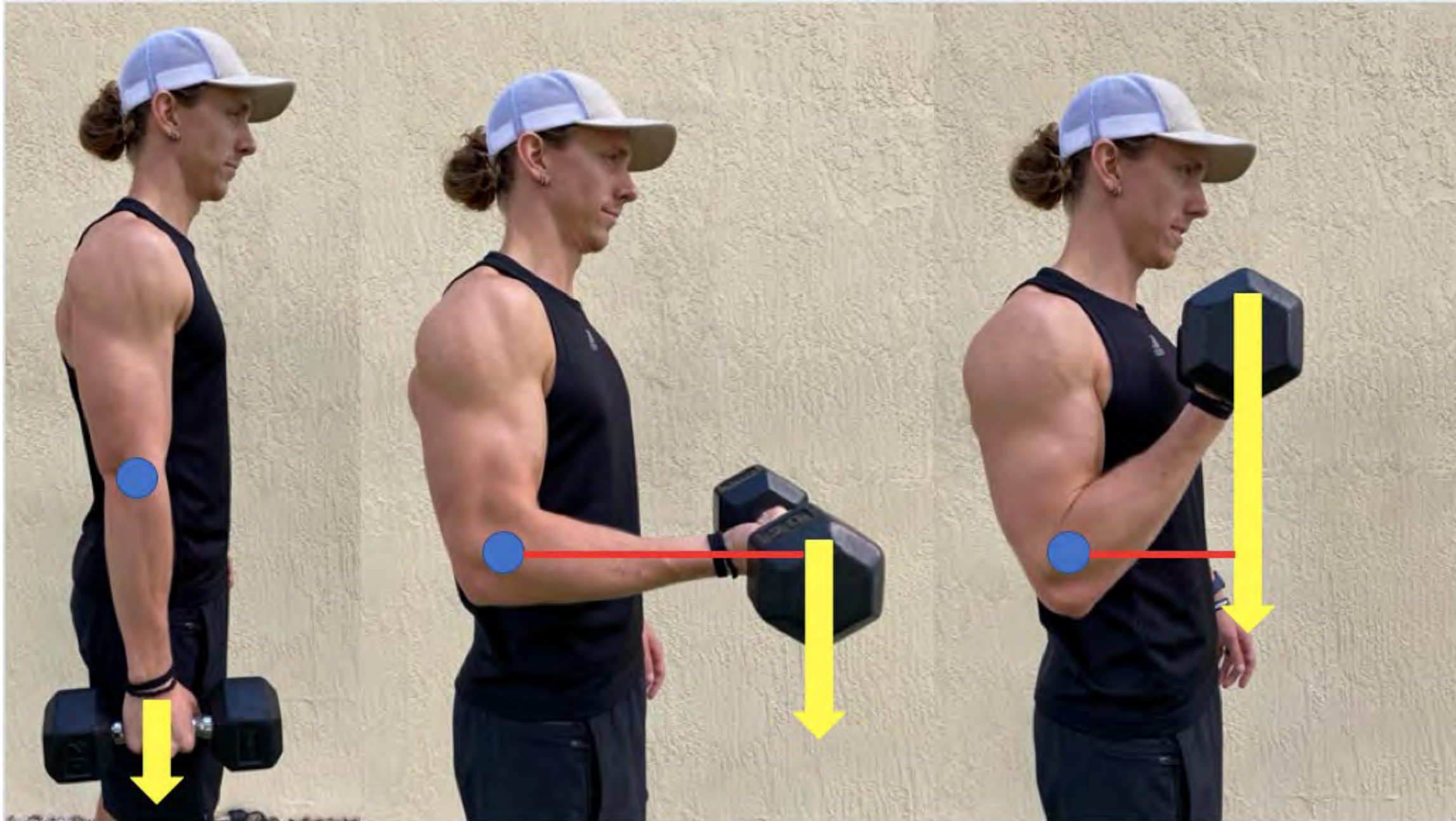
## 2. Jutting Your Elbows Forward Doesn't Get More Biceps Short Head



- The biceps is involved in shoulder flexion (arm elevation) in the first 30 degrees from neutral (arm at your side).
- The further your elbow is bent past 30-degrees, the more it reduces what little involvement the biceps has on shoulder flexion.

Landin D, Thompson M, Jackson MR. Actions of the Biceps Brachii at the Shoulder: A Review. J Clin Med Res. 2017;9(8):667-670. doi:10.14740/jocmr2901w

# 3. The Redundant Exercises You Don't Need





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# 4. Use Strength Zone Training



# Biceps Strength Zones

Shortened to Mid-Range Strength Zone

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Lengthened to Mid-Range Strength Zone

# Best Lengthened Ranged Biceps Exercises





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# 5. Best Bench Angle for Incline Curls



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# 6. Dumbbell Curls: Supercharged

# Ways to Connect



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StrengthZoneTraining.com



@Nick Tumminello



@Nick\_Tumminello

