

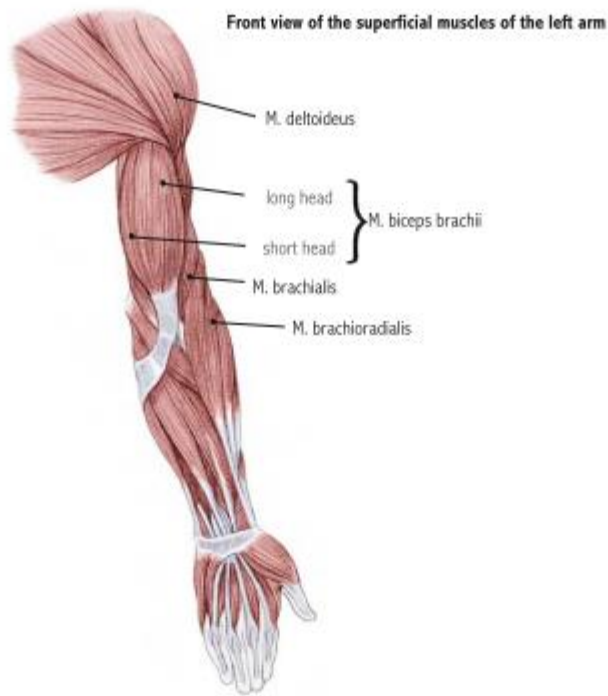
# Vücut Geliştirme

Ön Kol (Biceps)

Spor Bilimleri Anabilim Dalı

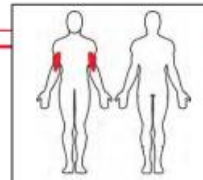
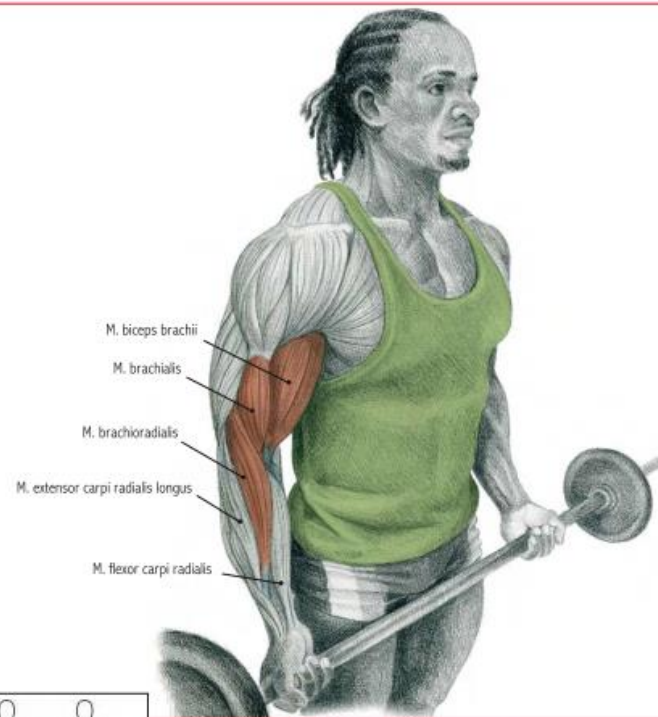
# Ön Kol (Biceps)

## SCIENTIFIC DESCRIPTION OF THE ARM FLEXORS: INTRODUCTION TO THE BIOMECHANICS OF THE MAIN MUSCLES



Biceps,  
Free Weights

### BARBELL CURL



#### Muscles involved

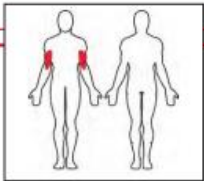
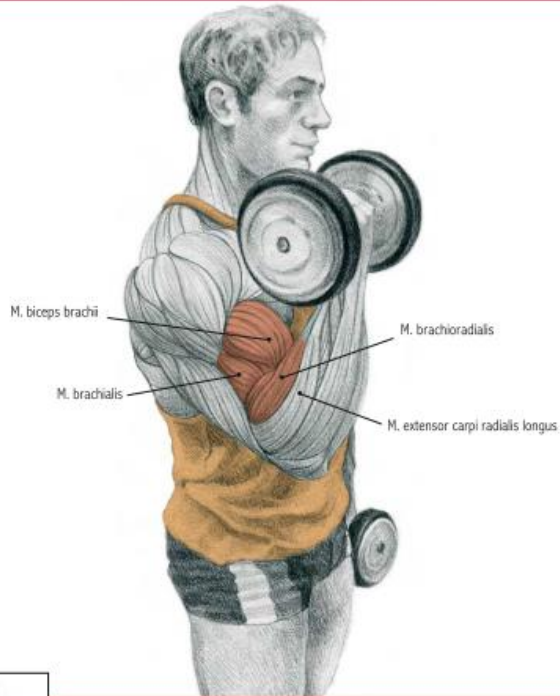
**MAIN MUSCLES:** biceps, brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, extensor carpi radialis longus, flexor digitorum superficialis, flexor carpi radialis  
**ANTAGONISTS:** triceps, anconeus

# Ön Kol (Biceps)

2

Biceps,  
Free Weights

## DUMBBELL CURL



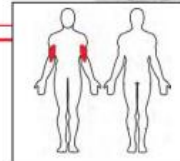
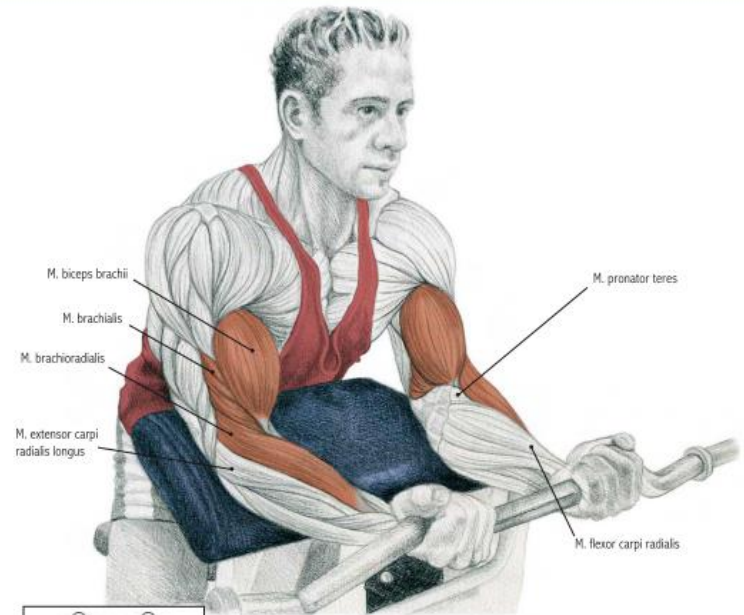
### Muscles involved

**MAIN MUSCLES:** biceps, brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, extensor carpi radialis longus, flexor digitorum superficialis, flexor carpi radialis  
**ANTAGONISTS:** triceps, anconeus

3

Biceps,  
Free Weights

## BARBELL PREACHER CURL / SCOTT CURL



### Muscles involved

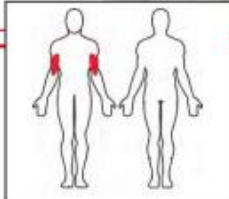
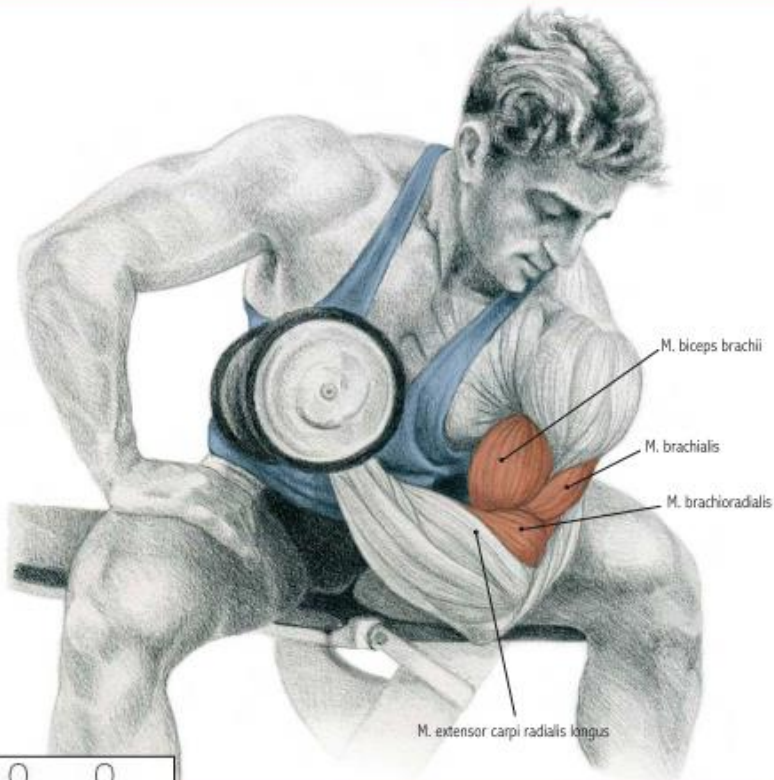
**MAIN MUSCLES:** biceps, brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, extensor carpi radialis longus, flexor digitorum superficialis, flexor carpi radialis  
**ANTAGONISTS:** triceps, anconeus

# Ön Kol (Biceps)

4

Biceps,  
Free Weights

## DUMBBELL CONCENTRATION CURL



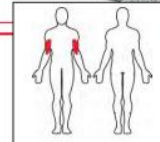
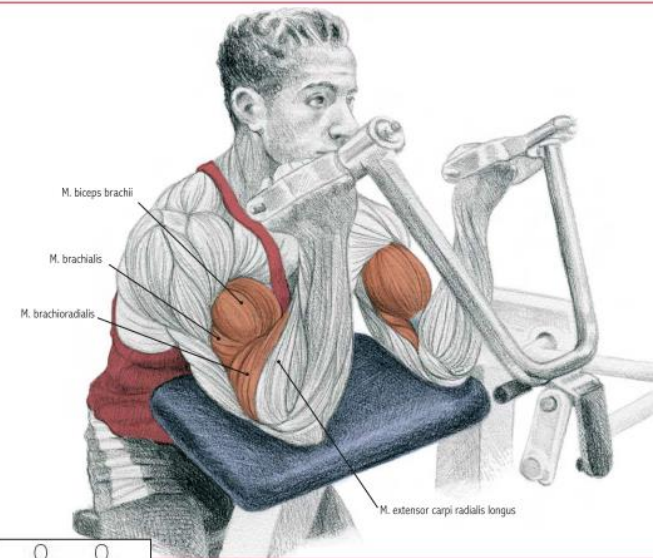
### Muscles involved

**MAIN MUSCLES:** biceps, brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, extensor carpi radialis longus, flexor digitorum superficialis, flexor carpi radialis  
**ANTAGONISTS:** triceps, anconeus

9

Biceps,  
Machines

## MACHINE CURL



### Muscles involved

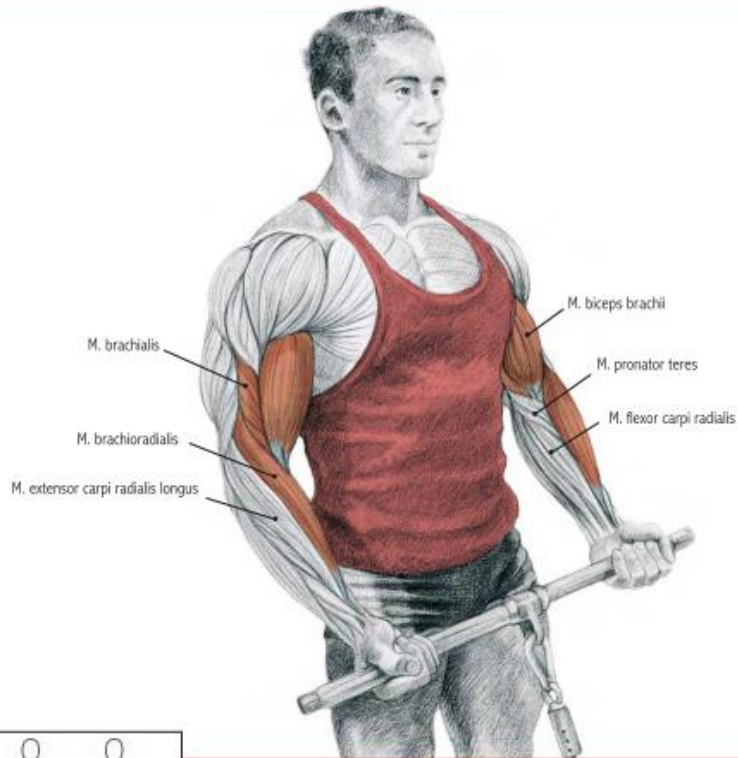
**MAIN MUSCLES:** biceps, brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, extensor carpi radialis longus, flexor digitorum superficialis, flexor carpi radialis  
**ANTAGONISTS:** triceps, anconeus

# Ön Kol (Biceps)

10

Biceps,  
Machines

## CABLE CURL



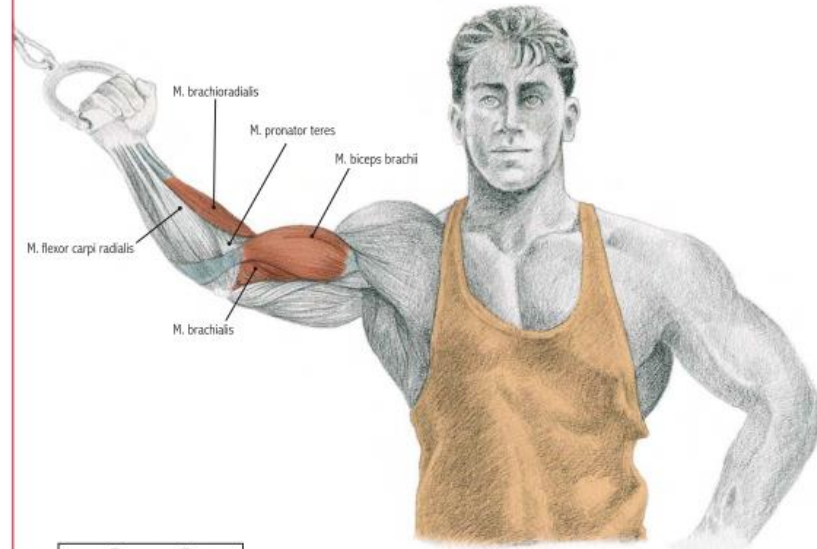
### Muscles involved

**MAIN MUSCLES:** biceps, brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, extensor carpi radialis longus, flexor digitorum superficialis, flexor carpi radialis  
**ANTAGONISTS:** triceps, anconeus

11

Biceps,  
Machines

## ONE-ARM HIGH-CABLE CURL



### Muscles involved

**MAIN MUSCLES:** biceps, brachialis, brachioradialis  
**SECONDARY MUSCLES:** pronator teres, extensor carpi radialis longus, flexor digitorum superficialis, flexor carpi radialis  
**ANTAGONISTS:** triceps, anconeus