



Blast those biceps baby!

By Eric Hout B.S., Pro Bodybuilder
Special Feature: Edy Jackson
 Photos by Axisdzn.com

In this kinesiology segment, we are taking a look at Edy Jackson's Bicep routine, and the muscles in this region. I will focus on different parts of the Bicep: The Bicep brachii (long & short heads), brachialis, brachioradialis, and pronator teres. This segment will give you some great bicep exercise to incorporate into your next routine.

THE EXERCISES THAT WE WILL COVER ARE AS FOLLOWS:

- I. Seated One Arm Preacher Curls
- II. Seated Alternating Dumbbell Curls
- III. Eazy-Bar Reverse Grip Curls
- IV. Standing Hammer Rope Curls.

In these different exercises, we will cover muscles that are emphasized (Heavy & Moderate), execution, form, muscleology, and the anatomy of each exercise. Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer if you are having any problems performing these exercises. Until, next issue's workout segment, make time for your health & fitness goals. Always continue to make changes to your Mind, Body, and Spirit.

If you have questions for Edy please send them to edy@muscleology.com and read Edy's new article posted on the home page of www.muscleology.com
 "Your Performance...Our Passion"

Edy Lawson-Jackson has been training since 1994 and competing since 1995. She is married and a mother of one girl. Edy worked as a personal trainer in 1990-1991 while in law school. Now an attorney, her titles include 1997 Ms. Maryland State, 1997 Ms. Bodyrock, 1995 Ms. Annapolis, 2000 5th at NPC JR Nationals, most recently after a 5 year layoff in 2005 Edy placed: 2nd at NPC Tournament of Champions and 2nd at OCB mid Atlantic States, 4th at NPC bodyrock.

TRAINING SCHEDULE:

4 days /wk.usually Wed, Fri, Sat & Sun because i need to be home weekdays w/ my kid

Day 1 : Back and shoulders plus 30 min cardio

Day 2 : Hams and Bis

Day 3 Chest and Tris - plus 30 min cardio

Day 4 : Quads and calves

* Edy also trains abs together with her cardio on two other days during the week when she's not training her major body parts. On those days, she does 40 minutes of cardio and 200 reps of various exercises for abs. So in total she trains 4 days and does cardio for four days (more if she is prepping for competition).

great bicep routine on the next page

Mark Alvisi
Bodybuilder/Model

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Mark Alvisi



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Muscleology: The Biceps acts as a major flexor of the forearm. It is very powerful and strong Supinating (palms up) muscle. Biceps are used in active movements such as climbing or repelling. Different grips will put more emphasis on the five parts mentioned above. Narrow grip works the long head in the biceps. A wide grip puts more fiber recruitment on the short head. The brachioradialis, brachialis, and pronator teres become a lot more emphasized when the hand is positioned in an overhand or pronated position. The pronator teres is a small stabilizing muscle that is activated when the weight and resistance of an exercise gets increasingly great.

SEATED ONE ARM PREACHER CURLS

Emphasized Muscles:

Heavy Use: Brachialis, Biceps Brachii (long & short heads)

Moderate Use: Brachioradialis, Pronator teres

Muscle Position and Execution:

- Seated position, Feet shoulder width
- Place the back of your triceps on the preacher bench
- Do not lean shoulder forward to get more power
- Curl bar up towards your face in a controlled fashion
- When returning to fully extend starting positions, keep arms slightly flexed

Tips and Form:

- Always start with a weight light enough to control
- Do movement in a controlled fashion
- Do not press elbow to tight into the pad
- Use slow and controlled movements, and pause at top of each movement



EAZY-BAR REVERSE GRIP CURLS

Moderate Use: Biceps Brachii, Brachioradialis, Pronator teres

Heavy Use: Bicep Brachialis

Muscle Position and Execution:

- Feet together, knees slightly bent
- Hands in a Pronated grip (palms facing the floor)
- Start with the arms straight at the bottom of the movement
- Keeping hands in the pronated position, curl arm past a 90 degree position
- Repeat steps in a controlled fashion

Tips and Form:

- Always keep a tight grip on bar
- Keep your head and eye straight ahead
- Remember to control the movement when returning the starting position
- Slight pause at the top & bottom of each repetition
- Always keep torso square during movement

STANDING HAMMER ROPE CURLS

Heavy Use: Brachialis, Biceps Brachii (long & short heads)

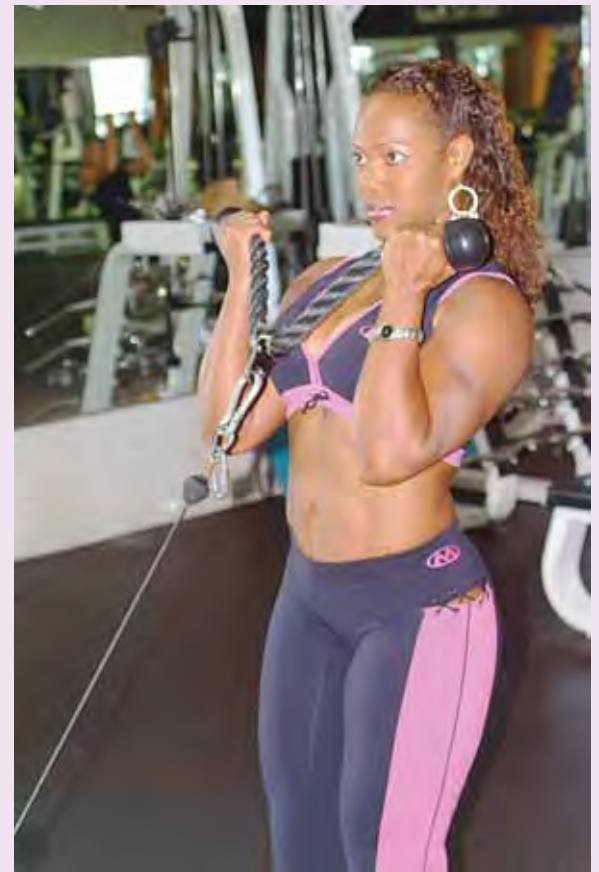
Moderate Use: Brachioradialis, Pronator teres

Muscle Position and Execution:

- Standing with feet shoulder width
- Leaning back slightly
- Starting with arms in an extended position
- Pull rope towards your chin in a controlled fashion
- Flex and pull apart ropes at the top of each movement

Tips and Form:

- Always keep your eyes straight ahead
- Keep a tight grip during the whole movement
- Do not roll your wrist...keep your hands tight
- Keep bicep tight at the top and bottom of the movement



Muscle Anatomy: The Biceps Brachii heads (long & short) are long spindle shaped muscles that are tapered at each end. The long head is located on the outside part of the arm, and the short head is located on the inside closest to the pectoralis muscle. These two portions of the biceps give the bicep its name. Brachialis is a broad muscle that covers the elbow-joint and the lower half of the front part of the humerus bone and

SEATED ALTERNATING DUMBBELL CURLS

Emphasized Muscles:

Heavy Use: Brachialis, Biceps Brachii (long & short heads)

Moderate Use: Brachioradialis, Pronator teres

Muscle Position and Execution:

- Adjust the back of the seat into a 45 degree position
- Start in pre-stretched position with your arms straight out in horizontal position
- Keep biceps slightly tense when arms are straight out
- Turn and Flex one arm towards the top of your shoulder
- Hand position in a neutral position at the bottom & palms towards ceiling at the top of movement
- Feet shoulder width and feet flat on the ground
- Repeat steps and make sure to squeeze at the top of each movement

Tips and Form:

- Very important to use a light weight that you can control
- Always try to incorporate high reps when performing this exercise
- Do reps in a controlled fashion
- This is a great finishing exercise to put at the end of your bicep routine



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