Entrainement de biceps: les 5 meilleurs exercices.

***Il existe d’innombrables exercices pour les biceps. Nous allons voir les 5 les plus efficaces, et comment les combiner avec la bonne technique d’exécution.***



Introduction:

Les biceps représentent un groupe musculaire le plus entrainé par les sportifs, avec les pectoraux.

Introduction of the topic in maximum of 70 words, answering the following questions:

* How many times a week should train for arm/biceps?
* Is it recommended to train for triceps or other body part at the same time?
* What is this article talking about?

## How to train properly your biceps? (H2)

This paragraph introduces *in minimum of 100 words* **the biceps muscles and how it is recommended to train it,** answering the following questions:

* What is biceps, what is its function?
* How do you recommend to build up a training plan for arms?
* Why is it good to do triceps exercises on the same training?
* List the most common biceps workout mistakes at the gym.

*Useful resource:*

* [*https://en.wikipedia.org/wiki/Biceps*](https://en.wikipedia.org/wiki/Biceps)
* [*https://builtwithscience.com/bicep-workout-science/*](https://builtwithscience.com/bicep-workout-science/)[*https://builtwithscience.com/how-to-get-wider-biceps/*](https://builtwithscience.com/how-to-get-wider-biceps/)
* [*https://www.menshealth.com/fitness/a24740162/bicep-training-mistakes-to-avoid/*](https://www.menshealth.com/fitness/a24740162/bicep-training-mistakes-to-avoid/)



## 5 best biceps workout exercises (H2)

In this paragraph introduce **5 biceps exercises and explain how to do properly** in minimum of *60-60 words.*

1. Standing barbell curl / Karhajlítás állva rúddal
2. Standing cable curl / Kétkezes bicepsz alsó csigán
3. Overhead cable curl / Páros bicepsz csigán
4. Concentration curl / Koncentrált bicepsz hajlítás
5. Scott preacher curl / Bicepsz hajlítás francia rúddal Scott-padon

*Useful resource:*

* [*https://barbend.com/bicep-curl-variations/*](https://barbend.com/bicep-curl-variations/)
* [*https://barbend.com/best-biceps-exercises/*](https://barbend.com/best-biceps-exercises/)
* *https://www.menshealth.com/fitness/a19546948/best-biceps-exercises/*

## Biceps and triceps workout plan (H2)

Introduce a **full arm workout plan** with biceps and triceps exercises.

For Hungarian article copy this workout plan: <https://biotechusa.hu/edzesterv/bicepsz-tricepsz-edzesnap/>