

BICEPS (3 PARTS)

1. Long Head (Outer Biceps / Peak)

Function: Creates biceps peak and outer arm shape. Activated more when elbows stay behind the body or when using close grip.

Exercises:

Incline Dumbbell Curl – Arms behind body, strong stretch on long head.

Close Grip Barbell Curl – Narrow grip focuses outer biceps.

Drag Curl – Elbows move back to hit long head more.

Bayesian Cable Curl – Constant tension with arm behind torso.

Behind The Back Cable Curl – Excellent long head isolation.

2. Short Head (Inner Biceps / Thickness)

Function: Gives biceps thickness and fullness from the front.

Exercises:

Preacher Curl – Strict movement isolates inner biceps.

Wide Grip Barbell Curl – Wide grip emphasizes short head.

Concentration Curl – Maximum squeeze and mind-muscle connection.

Spider Curl – Eliminates cheating and improves contraction.

Machine Preacher Curl – Controlled tension throughout movement.

3. Brachialis (Under Biceps / Arm Width)

Function: Lies under the biceps and pushes it upward, increasing arm width.

Exercises:

Hammer Curl – Neutral grip targets brachialis strongly.

Rope Hammer Curl – Cable keeps constant tension.

Cross Body Hammer Curl – Excellent brachialis activation.

Reverse Barbell Curl – Works brachialis and forearms.

Zottman Curl – Works brachialis and forearms together.

Best 4 Exercise Biceps Workout

Incline Dumbbell Curl – Long Head

Close Grip Barbell Curl – Long Head

Preacher Curl – Short Head

Hammer Curl – Brachialis

Rule:

2 exercises – Long head

1 exercise – Short head

1 exercise – Brachialis

TRICEPS (3 PARTS)

1. Long Head (Largest Triceps Part)

Function: Adds most of the triceps size and thickness. Activated strongly when arms go overhead.

Exercises:

Overhead Dumbbell Extension – Deep stretch on long head.

EZ Bar Skull Crushers – Heavy mass builder.
Cable Overhead Extension – Constant tension on long head.
Dumbbell Skull Crushers – Improves long head activation.
Incline Skull Crushers – Extra stretch for growth.

2. Lateral Head (Outer Horseshoe)

Function: Gives the outer triceps shape and visible horseshoe look.

Exercises:

Triceps Pushdown – Classic lateral head exercise.
Straight Bar Pushdown – Strong outer triceps contraction.
Close Grip Bench Press – Heavy compound for triceps.
Bench Dips – Bodyweight mass builder.
Cable Kickbacks – Isolation for lateral head.

3. Medial Head (Inner Triceps)

Function: Stabilizes the elbow and supports other triceps heads.

Exercises:

Reverse Grip Pushdown – Best medial head isolation.
Diamond Push-ups – Bodyweight triceps focus.
Underhand Cable Pushdown – Inner triceps activation.
Single Arm Cable Pushdown – Improves control and balance.
Rope Pushdown – Good contraction and separation.

Best 4 Exercise Triceps Workout

Overhead Dumbbell Extension – Long Head
Skull Crushers – Long Head
Triceps Pushdown – Lateral Head
Reverse Grip Pushdown – Medial Head

Rule:

2 exercises – Long head
1 exercise – Lateral head
1 exercise – Medial head

SHOULDERS (3 PARTS)

1. Front Deltoid (Anterior Delt)

Function: Helps in pressing movements like bench press and shoulder press.

Exercises:

Barbell Shoulder Press – Heavy compound shoulder builder.
Dumbbell Shoulder Press – Improves stability and strength.
Front Raise – Direct front delt isolation.
Arnold Press – Full shoulder activation.
Cable Front Raise – Constant tension movement.

2. Side Deltoid (Lateral Delt)

Function: Gives shoulder width and creates V-taper look.

Exercises:

Dumbbell Lateral Raise – Most popular side delt exercise.
Cable Lateral Raise – Constant tension for side delts.
Machine Lateral Raise – Strict isolation.
Leaning Dumbbell Lateral Raise – Increased range of motion.
Wide Grip Upright Row – Targets side delts and traps.

3. Rear Deltoid (Posterior Delt)

Function: Improves shoulder balance, posture, and back appearance.

Exercises:

Reverse Pec Deck – Strong rear delt isolation.
Rear Delt Dumbbell Fly – Classic rear delt exercise.
Face Pull – Rear delts plus upper back stability.
Bent Over Cable Fly – Continuous tension movement.
Rear Delt Row – Combines rowing with rear delt focus.

Best 4 Exercise Shoulder Workout

Dumbbell Shoulder Press – Front Delt
Dumbbell Lateral Raise – Side Delt
Cable Lateral Raise – Side Delt
Reverse Pec Deck – Rear Delt

Rule:

1 exercise – Front delt
2 exercises – Side delt
1 exercise – Rear delt