

Twitter Thread by [Muscle Surge](#)



Muscle Surge
[@MUSCLESURGE](#)



Best Exercises for Building Your Biceps Fast

1. alternate inclined dumbbell curl

2. Barbell reverse spider curl

3. Cable Close Grip Curl

4. Cable Overhead Curl

5. Ez bar biceps curl close grip

6. Zotman curls dumbbells - simultaneous

Thanks for reading. If you liked the thread share it with others and for more such content follow [@MUSCLESURGE](#)

<https://t.co/YYSpKbUdtI>

Best Exercises for Building Your Biceps Fast

1. alternate inclined dumbbell curl pic.twitter.com/mS0mgUgOFF

— Muscle Surge (@MUSCLESURGE) [January 15, 2023](#)