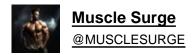
## Twitter Thread by Muscle Surge





## **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

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## https://t.co/YYSpKbUdtl

Best Exercises for Building Your Biceps Fast

- 1. alternate inclined dumbbell curl <u>pic.twitter.com/mS0mgUgOFF</u>
- Muscle Surge (@MUSCLESURGE) January 15, 2023