

Gym Workout for Biceps and Triceps with PDF

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Best Triceps and Bicep Workout to Do At the Gym for Strength and Mass

Let's start with the best triceps exercises.

The first three exercises would be [compound workouts](#), meaning other than triceps, they also work on your different muscles, such as chest and shoulder.

And the rest four are isolation workouts, meaning they will specifically work on your triceps heads.

Combination of both yields better results in terms of strength and growth.

Related: [Best Bodyweight Triceps and Biceps Exercises for Strong and Toned Arms](#)

Okay, so here are the best triceps workouts you can incorporate in your arms workout routine.

1. Close Grip Bench Press

The Close Grip Bench Press is one of the important triceps workouts for arms development.

It is a compound workout that activates chest and anterior deltoid muscle along with triceps long head. ²

It is suitable for all fitness levels.

Whether you're a beginner or intermediate, whether you to build mass or strength or both, the close grip bench press must be included in your program, at least once a week.

How to do the close grip bench press with step by step guide on the smith machine

1. Set the bar to an appropriate height and weight deepening on your strength.
2. Lie on your back on a flat bench with your feet firmly on the floor and chest underneath the bar.
3. Grab the bar firmly with your hands are hip-width apart, or slightly shorter than chest width.
4. Brace your abdominal muscle, and lower the weight until the bar is hover above your chest. That's the start.
5. Inhale and then press the bar upward until your elbows are fully extended. And then lower the bar as you exhale to return to the start. That's one rep!
6. Do three to four sets of 6 to 10 repetitions each.

Pro Tips:

- Keep your head, shoulders, buttock remained on the bench throughout the entire movement.
- Keep your elbows tucked at your sides of your body and avoid them to flare out during the exercise.
- Focus on contraction in your triceps, so you can hit your muscles effectively.

2. Parallel Bar Dips (Use Weight If Possible)

Biceps and Triceps Gym workout (Image courtesy – [master1305 – www.freepik.com](https://www.freepik.com))

The second exercise you'd be doing is Parallel Bar Dips.

Parallel bar dip is also a compound workout that works on the triceps, chest, shoulder, and biceps.

You can incorporate it in your biceps and triceps gym workout routine for strength and growth.

Steps for how to do bodyweight parallel bar dips:

1. Grab the handle of the bar dip machine.
2. Hoist yourself up until your arms are straight and feet off the floor.
3. Keep your elbows straight and locked and maintain upright posture. That's the start.
4. Inhale as you lower your body by bending your elbows. Let your elbows flare out to the sides.

5. Once you cannot go lower, press through your arms to pull your body in the starting position, or until your elbows are fully extended, and exhale. You'll feel the contraction in your triceps. That's one rep.
6. Do three sets of 6-12 reps each with a 1-2 minutes rest between sets.

Pro Tips:

- For doing weighted dips, you can use weighted dip belt, weighted vest, or backpack.
- Slightly lean your body forward as you lower yourself during the movement.

Alternatives: Check out more [triceps dips variations](#)

3. Triangle Pushups (Add Weights If You Can)

Diamond or triangle pushup is an effective workout that helps you develop stronger and toned triceps.

The triangle push-ups elicited the highest muscle activation in an electromyographic (EMG) analysis published by the American Council of Exercise (ACE). ³

The researchers included 15 healthy female subjects, ages 20 to 24 and they were selected to perform several triceps exercises, such as dips, kickback, overhead extension, close grip bench press, and push down.

However, this research is limited to females only. And due to the lack of participants, I couldn't keep this exercise on the top because more researches are needed.

How to do Triangle Pushup

1. Sit on your knees, and place your hands on the floor in front of you in a triangle or diamond shape.
2. Get into an "up" position of pushup with your arms are straight below your chest and toes on the floor.
3. Keep your body straight from head to heels. That's the start.
4. Bend your elbows and lower your body toward the ground until your chest is nearly touches the floor.
5. Press through your hands into the ground to extend your elbows completely, now you're in the starting position. You'll feel the stretch in your triceps when you extend your arms. That's your one repetition.
6. Do two to three sets of as many repetitions as you can.

Pro Tips:

- You can use backpack or weight plate on your back for weighted triangle pushup.

- Do not let your elbows flare out to the sides, if you're building your triceps.
- Don't rush. Perform each repetitions in a controlled fashion, squeezing your triceps during the movement.
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Related: [Best Weighted Push-Ups Variations You Can Do](#)

4. Barbell Skull Crusher

I found barbell skull crusher is one of the best triceps workouts both theoretically and practically. You can do it to build bigger triceps and stronger arms.

This is also known as lying triceps extension and French press.

It is basically an isolation workout that specifically strengthens and increases triceps mass.

You can do this on both incline and flat bench, do what suits you more. Both variations are okay in my research.

How to do barbell skull crusher on a flat bench

1. Grab an EZ bar and put into appropriate weight depending on your strength.
2. Holding bar in your hand, lie down on your back on a flat bench. Keep your feet flat on the floor and arms directly over your forehead.
3. Keep your as close as possible to your ears and locked them, so your upper arms won't move back and forth from their position during the movement. That's the start.
4. Keeping your core tight, slowly lower the weight behind your head and then focusing on your tricep muscles, extend your elbows fully. That's one rep.
5. Do three sets of 8, 6, and 6 reps for growth and 15, 12, and 10 for strength.

Pro Tips:

- Use weights that you can safely handle.
- Keep your elbows close as close as possible to your ears to ensure the triceps get maximum contraction. Because flaring elbows outward may some stress on your shoulders.
- Perform each rep slowly and in a control manner.

Bodybuilding.com has a great article on [skull crusher](#) workouts that included plenty of variations.

You may also like: [10 Best Dumbbell Triceps Exercises For Bigger Arms](#)

5. Dumbbell Overhead Extension

The DB overhead triceps extension is an efficient isolation workout that helps you build triceps strength and mass specifically.

You can do overhead triceps extension in several ways, such as with a dumbbell, barbell, or cable.

Out of three, dumbbells activate and engage triceps heads more effectively than bar and cable. Because a dumbbell allows a greater range of motion and helps you target your triceps efficiently.

How to do:

1. Get a heavier dumbbell and grab its head firmly with your hands.
2. Sit on a flat bench with your feet flat on the ground.
3. Bring the dumbbell behind your head by bending your elbows. And keep your elbows as close as to your ears. This is your starting position.
4. Extend your elbows until your arms are fully straight overhead. You'll feel the stretch in your triceps muscle. That's one rep.
5. Depending on your strength, do as many reps and sets as you can.

You may like: [Resistance Loop Band Tricep Exercises](#)

6. Rope Pushdown

Tricep Rope pushdown (Image credit – [jcomp](#) – www.freepik.com)

The pushdown is one of the basic exercises you can do to tone your triceps muscle in the gym.

It is an isolation workout that allows you to work on your triceps specifically and help you build strong arms and toned arms.

You can do push-down with rope and cable. I prefer to do with rope, but if you like to with bar, you can.

How to do rope push-down

1. Anchor the rope to the cable machine and set it to an appropriate height. And depending your strength, use the weight.
2. Grab the rope firmly with a neutral grip and stand 10-12 inches away from the machine with your face facing the machine.
3. Slightly bend your knees and lean your torso forward, and keep your arms in front of your body. That's the start.
4. Push the rope down until your elbows are fully extended and triceps engaged.
5. Hold for a couple of seconds and then return to the start. That is your one rep!
6. Depending on your strength, do as many reps and sets as needed.

You can also incorporate [isometric triceps exercises](#) to increase strength and stability.

7. Dumbbell Kickback

At the end of your bicep and tricep gym exercises session, you can do dumbbell kickback, especially after triceps workouts.

Dumbbell kickback is one of the most effective isolation workouts that elicit higher muscle activation than several exercises – highlighted in research of the American Council of Exercise (ACE) study.

You can do kickback in numerous ways, such as with dumbbells, cable, resistance band, single-arm, and both arms.

Let's see how to perform kickback with a dumbbell

1. Stand in the normal stance holding one dumbbell in each hand with a neutral grip, arms are straight at your sides.
2. Slightly pushup your hips back and bend at your knees, and lean your torso forward.
3. Keep your upper arms close to your body and keeping your elbows locked, kick your forearms behind you so your triceps muscles fully engaged.
4. Hold for a second and then let your forearms flex.

5. Make sure only your upper arms move back and forth and your elbows would be still during the entire movement.
If you feel dumbbell kickback isn't comfortable, you can try other variations.

You have seen triceps workouts, now, it's time to look at biceps exercises that you can do at the gym to build strength and mass, you can also download its PDF for future use.

8. Chin-Ups

Chin-up is one of the highly effective workouts for developing strong biceps.

It doesn't only work on your biceps but also back and core.

Chip ups allow you to lift your entire body using your arms strength and create greater activation in bicep muscles.

To increase your biceps mass, it's best to do chin-ups before doing barbell or dumbbell curls.

1. Grab the pull up bar with your hands are slighter shorter than shoulder-width apart.
2. Let your body hangs with your arms are straight.
3. Keep your core tight and inhale as you pull yourself up until your chin reaches the bar. You biceps will engage when you pull yourself.
4. Hold for moment and then extend your arms to lower your body. That is one repetition.
5. Depending on your strength, do as many reps and sets as you can. Suggested sets are 3.

9. Barbell Curl

The barbell curl is one of the best isolation exercises for building bigger biceps and stronger arms.

Barbell curls create higher muscle activation in biceps than dumbbell curls, showed in an EMG analysis published on the National Institute of Health. ⁴ Barbell also enables you to lift heavier loads than dumbbells and increase muscle mass.

Okay, let's find out how to do barbell curl

1. Take a normal barbell and put the desired weight into it.
2. Grab the bar firmly with your hands are shoulder-width apart.
3. Keep your arms straight in front of you thighs with your palms are facing upward. This is your starting position.
4. Brace your abdominal muscles and keeping your back straight, inhale and flex your arms until your biceps fully engaged.
5. Pause for a couple of seconds and then slowly extend your elbows to lower the bar. This is one repetition.
6. Do three to four sets of 6-12 each reps with 1 to 3 minutes rest between sets.

Related: [Dumbbell Curls vs Barbell curls: An Insightful Review](#)

10. Incline Dumbbell Curl

Nealy all curls are effective for targeting biceps muscle. And working on your biceps at different angles is important for building bigger biceps.

That's why I've included incline dumbbell curl in this program.

So, let's see how to do it with step-by-step instructions

1. Lie on your back on a 45-60 incline bench, holding one dumbbell in each hand with a neutral grip.
2. Keep your feet flat on the ground with your arms are straight at your sides and palms are facing inward. This is the start.
3. Keeping your core tight, curl the weight toward your shoulders until your arms are fully flexed.
4. Contracting your biceps muscle, pause for a moment and then slowly return your arms to the start. That's one repetition.
5. Do three to four sets of 6-12 each reps with 1 to 3 minutes rest between sets.

Also, Read: [10 Best Dumbbell biceps workout](#)

11. EZ Bar Curl

You can also use the EZ bar curl to build your biceps.

1. Grab an EZ bar with appropriate weight with your hands are hip to shoulder-width apart.
2. Keep your arms straight in front of you thighs with your palms are facing upward.
3. Keep your core tight and back straight. This is your starting position.
4. Inhale as you curl your arms until your palms are facing your shoulder.
5. Feel the work on your biceps for a couple of seconds and then slowly lower yours until they are straight in the starting position. That is your one repetition.
6. Do three to four sets of 6-12 each reps with 1 to 3 minutes rest between sets.

12. Concentration Curl

Concentration curl is found to be one of most effective dumbbell curls in research conducted by the American Council of Exercise. ⁵

Image by [freepik](#)

You can do this exercise when you workout your bicep and tricep together in the gym.

How to do

1. Grab a dumbbell with your right hand and sit on the edge of a flat bench with your feet firmly on the ground.
2. Place your right triceps inside of your right thigh.
3. Slightly lean forward so your face facing the working arm. And keep your other arm on your left knee for support. This is your starting position.
4. Curl your arm until your biceps fully engaged.
5. Hold for a second and then extend your elbows to lower the dumbbell. That's one rep.
6. Do three to four sets of 6-12 each reps with 1 to 3 minutes rest between sets.

You can save this: [The Best Isometric Bicep Exercises](#)

13. Preacher Curl

When you talk about biceps workouts, you can ignore preacher curl. The preacher curl is also a highly effective arms workout, especially for biceps.

A [study](#) suggests barbell preacher curl is one of the primary exercises for building strength and mass.

So you must also incorporate it in your overall workout regime if your goal is to get bigger arms.

Here are the steps to perform barbell preacher curl

1. Put the desired weight into the bar.
2. Sit on the preacher curl table with back of your arms are comfortably rested on the bench.
3. Grab the bar firmly with your hands are slightly shorter than shoulder width apart.
4. Inhale as you curl your arms until your biceps is fully engaged.
5. Contracting your biceps muscle, pause for a moment and then slowly return your arms to the start. That's one repetition.
6. Do three to four sets of 6-12 each reps with 1 to 3 minutes rest between sets.

If you work out only with dumbbells, check out [dumbbell biceps and triceps workouts](#).

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