

BICEPS

Meaning: Biceps are the large muscles located on the front of the upper arm, primarily responsible for flexing the elbow and lifting the forearm.

1. Strength training often emphasizes exercises that target the biceps for improved upper body strength.
2. He admired the impressive definition of her biceps as she lifted the weights with ease.
3. To achieve balanced muscle growth, it's important to train both the biceps and triceps.
4. The athlete's biceps bulged as he completed his final set of pull-ups.
5. She wore a sleeveless shirt to showcase her toned biceps during the competition.
6. Incorporating variations like curls and chin-ups can effectively enhance biceps development.
7. The personal trainer recommended increasing the weight to further challenge his biceps.
8. After months of dedicated training, his biceps finally reached the size he had aimed for.
9. Many people focus on their biceps during workouts, often neglecting other muscle groups.
10. He felt a satisfying ache in his biceps after an intense arm workout session.

Source: sentences.whatistheurl.com

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