

Do Push-ups Work Biceps?



Push-ups are one of the most versatile and effective exercises that can be performed anywhere, anytime, without any equipment. While they are primarily known for targeting the [chest](#), [shoulders](#), and [triceps](#), many wonder if push-ups also work the biceps. In this article, we will explore the involvement of biceps in push-ups and how you can modify your routine to better engage these muscles.

Understanding Push-ups and Muscle Engagement

Push-ups are a compound exercise, meaning they work multiple muscle groups simultaneously. The primary muscles targeted by standard push-ups include:

- **Pectoralis Major (Chest)**
- **[Deltoids](#) (Shoulders)**
- **Triceps Brachii (Back of the Arm)**
- **Core Muscles (Abdominals and Lower Back)**

While these are the primary muscles, other muscles, including the biceps, are also engaged to a lesser extent.

How Do Push-ups Involve Biceps?

The biceps brachii, located at the front of the upper arm, are primarily responsible for elbow flexion and forearm supination. In standard push-ups, the biceps act as stabilizers rather than primary movers. They assist in controlling the descent and help maintain elbow stability during the push-up movement. Although the biceps are not the main focus, they still get some indirect work.

Variations to Increase Bicep Engagement

If your goal is to target the biceps more directly during push-ups, you can try these variations:

1. Close-Grip Push-ups

Close-grip push-ups, also known as diamond push-ups, involve placing your hands close together under your chest, forming a diamond shape with your thumbs and index fingers. This variation shifts more emphasis onto the triceps and biceps.

How to Do Close-Grip Push-ups:

1. Start in a standard push-up position.
2. Bring your hands together directly under your chest, forming a diamond shape.
3. Lower your body while keeping your elbows close to your sides.
4. Push back up to the starting position.

2. Reverse-Grip Push-ups

Reverse-grip push-ups involve turning your hands so that your fingers point toward your feet. This hand position increases the activation of the biceps during the push-up.

How to Do Reverse-Grip Push-ups:

1. Start in a standard push-up position with your hands shoulder-width apart.
2. Rotate your hands outward so that your fingers point toward your feet.
3. Lower your body, keeping your elbows close to your sides.
4. Push back up to the starting position.

3. Pike Push-ups

Pike push-ups are an advanced variation that targets the shoulders and [biceps](#) more intensely. This variation involves a pike position, where your hips are raised, and your body forms an inverted V shape.

How to Do Pike Push-ups:

1. Start in a downward dog position with your hands shoulder-width apart and your hips raised.
2. Lower your head toward the ground, bending your elbows.
3. Push back up to the starting position.

Complementary Exercises for Bicep Development

While push-up variations can help engage the biceps, incorporating additional exercises specifically targeting the biceps will provide more balanced arm development. Consider adding these exercises to your routine:

- [Bicep Curls](#)
- **Hammer Curls**
- **Chin-ups**
- **Concentration Curls**

Conclusion

Push-ups primarily target the chest, shoulders, and triceps, with the biceps playing a secondary, stabilizing role. By incorporating variations such as close-grip, reverse-grip, and pike push-ups, you can increase bicep engagement. For optimal bicep development, complement push-ups with

dedicated bicep exercises. With a balanced approach, push-ups can be part of a comprehensive workout routine that effectively works multiple muscle groups, including the biceps. [Check the full article here.](#)

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