

Fundamentals of Bicep Training

Course Duration: 16 Hours

Course Code: FBT-101

1. Course Overview

This course introduces the fundamentals of Bicep training, focusing on proper techniques, muscle anatomy, and effective workout routines. It helps learners build strength, improve muscle definition, and avoid injuries through structured training methods and scientifically backed exercises.

2. What You'll Learn

- Basics of bicep muscle anatomy
- Correct form and posture for exercises
- Popular bicep workouts (curls, hammer curls, etc.)
- Training frequency and workout planning
- Common mistakes and how to avoid them
- Tips for muscle growth and recovery

3. Target Audience

- Beginners starting gym or home workouts
- Fitness enthusiasts looking to improve arm strength
- Individuals interested in bodybuilding basics
- Personal trainers (entry-level)
- Anyone wanting toned and stronger arms

4. Pre-Requisites

- No prior fitness experience required
- Basic understanding of exercise routines is helpful
- Willingness to follow workout discipline
- Access to basic gym equipment (optional but beneficial)

5. Course Content

1. Introduction to Bicep Training
2. Understanding Bicep Anatomy
3. Warm-up and Stretching Techniques
4. Basic Exercises (Dumbbell Curl, Barbell Curl)
5. Advanced Variations (Hammer Curl, Concentration Curl)
6. Workout Planning & Sets/Reps
7. Common Mistakes & Injury Prevention
8. Nutrition Tips for Muscle Growth
9. Recovery & Rest Importance