

# Bicep (AGoodName)

## Preview:

The bicep imo is the best landmark for finding were to place the surrounding upper arm muscles and the lower ones too!

*Synonyms: Biceps muscle; Musculus biceps brachii, Arm, Upper arm muscle*

## Summary

The Bicep or **the Bicep Brachii is a staple for all the gym bros across the globe**. The bicep can be broken into **a long head and a short head**. Both the heads **originate for different parts of the scapula**. If you want to be all fancy the long head starts from the supraglenoid tubercle and the short head starts at the coracoid process. They converge and attach to the radius. All though gym bros think biceps are making them look all ripped they have much more significate use. Have you wondered how you can move your arm forward to twist door nob. Well you can say thank you to your bicep for that one!

Side note ldk who decided to make the most unpronounceable names ever but **here is how you pronounce them:**

**(coracoid: Kaw-ruh-coyd) (supraglenoid: soo-pruh-gee-noyd; tubercle: too-bur-khul)**

## Basics



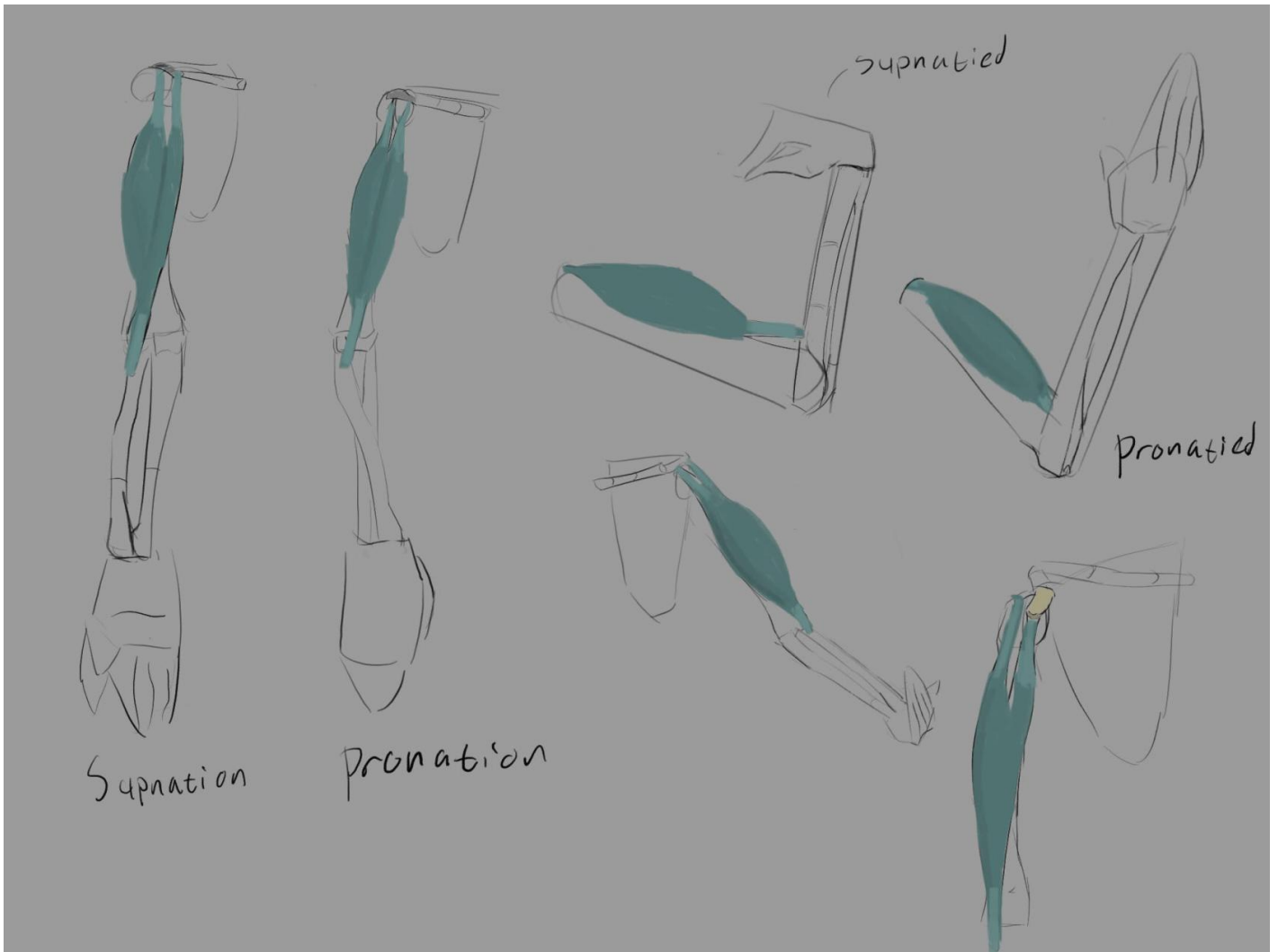
## Origin

The long head of the bicep originates from the supraglenoid tubercle and it verges with the short head to the radius. The short head originates from coracoid process.

*Pronunciation above^*

## Insertion

The insertion of the bicep is the radius or if you want to get all fancy the radial tuberosity. When the arm is supinated the bicep is flexed when its pronated the bicep is stretched.

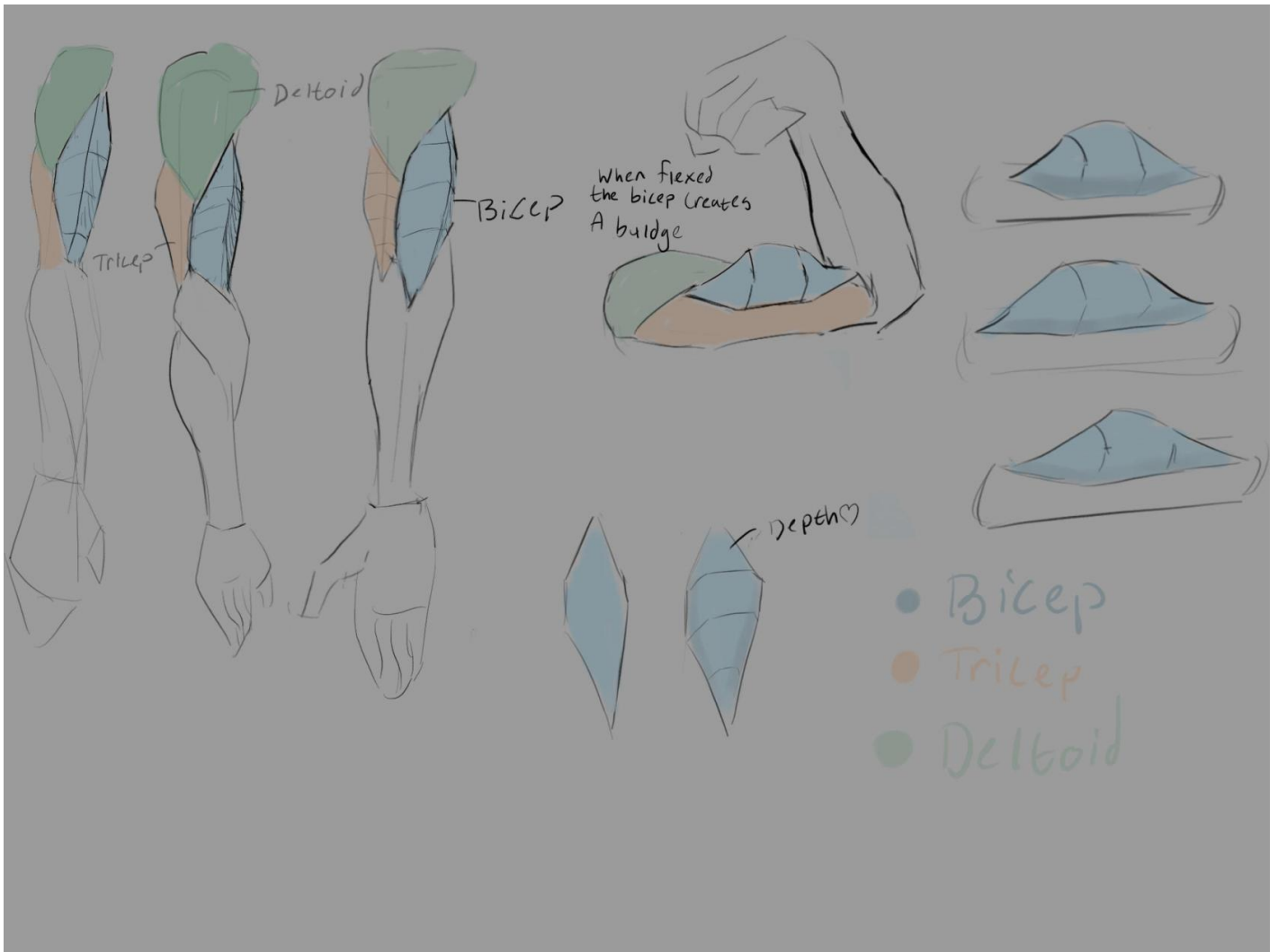


## Functions

One of the main functions of the bicep is bending your elbow joint, bringing your wrist and upper arm closer together. Since the two heads originate from the shoulder blade another use is stabilizing the shoulder joint. A great example of your bicep at work is when your mom asks you to bring the groceries from the car. Or for all the gym bros when you curl a dumbbell the main muscle you're working is your bicep.

## How to draw the muscle

When the bicep is flexed the muscle fibers bunch up and create a bulge. Keep in mind when designing the muscle that there are a lot of different ways the bicep bulge can look. For example, people sometimes have shorter bicep heads so when they flex their bicep bulge will look shorter and more bunched together.



## Advanced

### Everything beyond the basics

After researching about the bicep I learned something new, on top of there other jobs they also help help by pulling your shoulder blade inward and down. Witch helps the shoulder blade from just slumping forward. Another thing to note is that when you flex your bicep another muscle the [brachialis](#) is boosting your bicep making it look bigger!

## Reference Pictures (for study only)

got these from Google search and Pinterest

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