

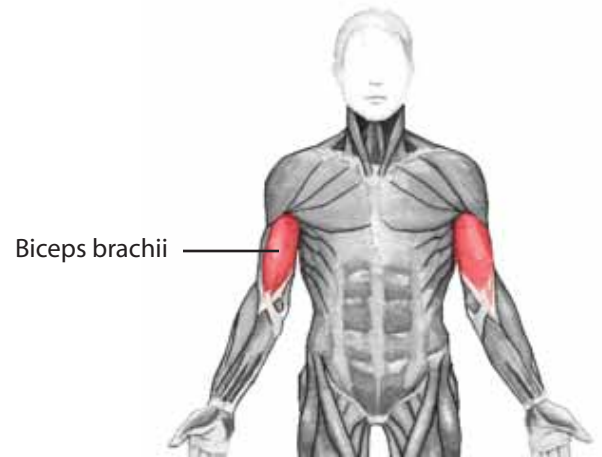
Training Tips

Exercise: Biceps Curl

Muscles worked: Biceps, forearms

The barbell curl is one of the best biceps builders around. One can progressively load more weight for greater results as long as the technique and execution remain acceptable.

For more information on this exercise or for assistance in designing a workout program designed specifically for your needs, contact a personal trainer by calling 586-6666.



Beginning Body Position:

Using an underhand grip, stand holding a weighted bar. Place the feet fairly close together and bend at the knees just slightly. Use about a shoulder width grip as you hold the bar. The upper arms and elbows should be held firmly at your sides.

Technique & Execution:

Curl the bar up to about chin level. Exhale as you raise the bar. Hold and tense the biceps. Next, slowly lower the bar back down to the starting position. Inhale as you lower the bar. Keep wrists in a fixed position throughout movement.

Exercise Tips and Precautions:

Be sure to keep the upper arms and elbows stationary throughout the entire sequence. DO NOT swing the bar up just to complete the lift. Slightly bending the knees will help to keep the body stable and in control. It will also help to restrict any type of sway-back movement as one lifts the bar. Always use a very slow lowering phase when performing curling movements.

