

Front of Arms (3) BICEPS

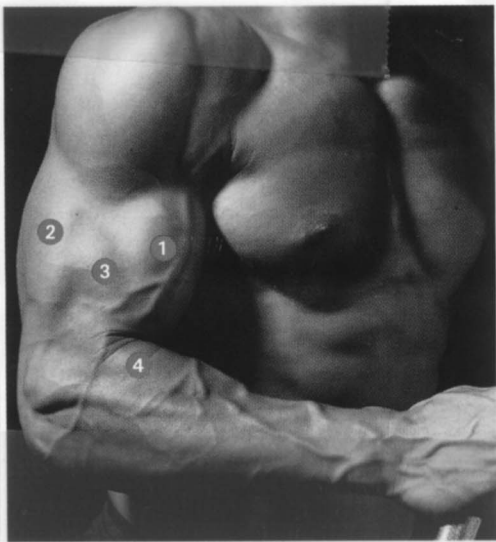
① Bicep Curls

Bicep Curls

THE MUSCLE GROUPS

- 1 BICEPS
- 2 TRICEPS
- 3 BRACHIALIS
- 4 BRACHIORADIALIS

③ Hammer Curls



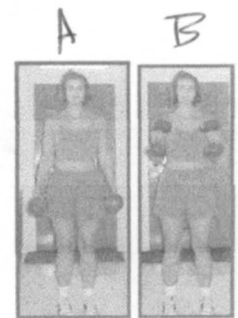
Hold weights in hands, palms facing out, elbow slightly bent. Keeping abs tight, bend the elbows and bring the weights towards the shoulders (don't touch the shoulders), keeping elbows from moving back and forth. Slowly lower back down, but don't straighten the arm entirely—keep tension on the muscle throughout the movement. If you find you're swinging the weights to get them up, lower the weight and slow down.

Keep your elbows next to your torso but don't prop them on your waist to help you lift the weights. That's called cheating.

down

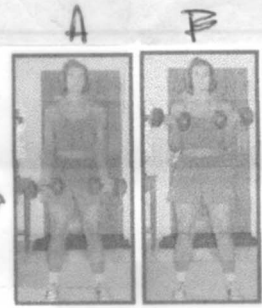
Brachialis
Hammer Curls ← Brachioradialis

Hold chosen resistance, palms facing each other, elbows slightly bent. Keeping abs tight to steady the torso, bend the elbows and bring the weights towards the shoulders (don't touch the shoulders), taking care to keep the elbows from moving back and forth. Slowly lower back down, but don't straighten the arm entirely—keep tension on the muscle throughout the movement.



START down at sides
Finish up Palms Facing each other

Changing your hand position adds difficulty as you target both the biceps and the forearms.



← up

Start Down Finish up

"MAKE it fun!"

② Concentration Curls

Concentration Curls

Kneel on floor or sit on a bench and grasp a dumbbell. Place the back of the upper arm on the inner thigh and lean into the leg to raise the elbow a bit. Raise dumbbell to front of shoulder and then lower until arm is almost fully extended.

This variation puts your arm at a difficult angle, so you may find you'll need less weight than in a traditional curl.



START With elbow resting on inner thigh

Finish With dumbbell close to chin

Remember

Squeeze the weight for 2 seconds

- Make sure to get a full contraction at the top of each rep. Really squeeze the biceps and hold for a count of two before returning the weight to the starting position.