

# Biceps

## Barbell Bicep Curl

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Biceps



Select a straight barbell (shown above) or EZ-curl barbell. Stand with your feet hip distance apart. Bend your knees slightly and tuck your tailbone under to minimize the curve in your lower back. Use an underhand grip on the barbell. Draw your shoulder blades down and back to stabilize your shoulder blades.

Fix your elbows by your sides. Exhale as you lift the barbell upward. Inhale as you slowly lower the barbell back to the starting position. Keep your torso upright throughout the range of motion and do not rock backward during the exercise.

# Dumbbell Bicep Curl

Biceps



Select dumbbells. Stand with your feet hip distance apart. Bend your knees slightly and tuck your tailbone under to minimize the curve in your lower back. Use an underhand grip on the dumbbells. Alternatively, face the palms toward each other for a hammer curl variation.

Draw your shoulder blades down and back to stabilize your shoulder blades. Fix your elbows by your sides. Exhale as you lift the dumbbells. Inhale as you lower them back to the starting position. Do not rock backward during the exercise.

# Preacher Curl

Biceps



Load the EZ curl barbell and secure weights with collars. The unloaded barbell weighs 17 lbs. Alternatively, use a straight barbell or dumbbells for variation. Sit on the machine. Adjust the arm rest height so your arms are in alignment with the pads.

Grasp the inner handles of the EZ-curl bar. Exhale and lift the barbell. Inhale and slowly lower in back to the starting position.

## Cybex Arm Curl

Biceps



Select weight. Sit on the machine with your chest against the chest pad. Adjust the seat height so your arms are in alignment with the arm pads. Adjust the chest pad fore/aft position so your elbows are in alignment with the red pivot point.



Grasp the handles and turn your palms slightly inward. Alternatively, turn your palms facing upward or toward each other for variation. Exhale and lift the handlebars. Inhale and slowly release the handlebars back to their starting position.

## LifeFitness Cable Bicep Curl

Biceps



Attach a flat bar to the carabiner. Slide the pulley down the pulley arm so it is in a low position as shown. Use an underhand grip on the barbell. Stand with your feet hip distance apart. Bend your knees slightly and tuck your tailbone under to minimize the curve of your lower back.



Draw your shoulder blades down and back to stabilize your shoulder blades. Fix your elbows by your sides. Exhale and lift the bar upward. Inhale and lower the bar back to the original position. Do not rock backward during the exercise.

# Cable Crossover Bicep Curl

Biceps



Attach a flat bar to the carabineer on the low pulley. Use an underhand grip on the barbell. Stand with your feet hip distance apart. Bend your knees slightly and tuck your tailbone under to minimize the curve of your lower back.

Draw your shoulder blades down and back to stabilize your shoulder blades. Fix your elbows by your sides. Exhale and lift the bar upward. Inhale and lower the bar back to the original position. Do not rock backward during the exercise.