

BICEP CURL BB

START



- Stand straight and hold a Barbell with an underhand grip at arm's length
- Keep your elbows close to your torso
- Keep the upper arms stationary

MIDDLE



- Exhale and curl the BB while contracting your biceps
- Continue to raise the BB until your biceps are fully contracted and the BB is at shoulder level
- Hold the contracted position for a brief pause as you squeeze your biceps

END



- Inhale and slowly begin to lower the BB back to the starting position
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

BICEPS BRACHI

- The biceps brachii is a two-headed muscle on top of your upper arm and includes underlying upper-arm muscles, such as the brachialis and brachioradialis, the latter of which extends into your forearms
- Together, the three muscles are responsible for flexing your elbows
- The biceps brachii also rotates your forearms, while the muscle's short head plays a small role in flexing your shoulders

NOTE

Bicep curls not only build bicep size and strength, but they have the potential to improve rotator cuff strength and improve rotary stability if performed with the correct technique.