

## DB CONCENTRATION CURLS

START



MIDDLE



END



- Sit down on a flat bench with one dumbbell in front of you between your legs
- Your legs should be spread with your knees bent and feet on the floor
- Use your right arm to pick the dumbbell up
- Place the back of your right upper arm on the top of your inner right thigh
- Rotate the palm of your hand until it is facing forward away from your thigh
- Your arm should be extended and the dumbbell should be above the floor

- While holding the upper arm stationary, curl the weights forward while contracting the biceps as you breathe out
- Only the forearms should move
- Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level
- Hold the contracted position for a second as you squeeze the biceps

- Inhale and slowly bring the dumbbells back to starting position
- Repeat for the recommended amount of repetitions
- Then repeat the movement with the left arm
- Avoid swinging motions at any time

### MUSCLES TARGETED

#### BICEPS BRACHII & BRACHIALIS

- The biceps brachii consists of two distinct muscles: the long (lateral) head and the short (medial) head
- Concentration curls isolate the biceps, concentrating the workload on the lateral head of the biceps brachii and brachialis (the outer bicep)

#### NOTE

*Twisting your wrist (little finger turned upward) you increase the development of both long head (lateral head) and short head (medial head) of the biceps brachii.*