

## **Biceps (free weights)**

### **Barbell Curl**



#### **Exercise Description:**

Barbell Curl

#### **Classification:**

Biceps (free weights)

#### **Instructions:**

- 1) Stand with feet shoulder width apart and knees slightly bent.
- 2) Start position: Grasp bar with underhand grip (palms facing forward) approximately hip width apart and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl bar up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

Barbell Preacher Curl



#### **Exercise Description:**

Barbell Preacher Curl

#### **Classification:**

Biceps (free weights)

#### **Instructions:**

- 1) Adjust seat or arm support height so that, while seated, top of arm support pad is at chest level.

- 2) Position arms shoulder width apart with elbows and upper arm supported on pad.
  - 3) Start position: Grasp bar with underhand grip (palms facing up) with elbows slightly bent.
  - 4) Flex at elbows and curl bar up until forearms are perpendicular to floor. Contract biceps at top of movement.
  - 5) Return to start position.
  - 6) Remember to keep shoulders stabilized - do not shrug shoulders forward on down (eccentric) phase of movement. Do not fully extend elbows at bottom of movement.
- Concentration Curl



**Exercise Description:**

Concentration Curl

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start position: Grasp dumbbell underhand grip (palm facing forward) allow arm to hang down at side. Elbow should be on inside of knee.
2. Flex at the elbow and dumbbell handle up to approximately shoulder level. Keep elbow touching leg throughout movement.
3. Return to start position.

Dumbbell Curl (one arm)



**Exercise Description:**

Dumbbell Curl (one arm)

**Classification:**

Biceps (free weights)

**Instructions:**

- 1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.
- 2) Start position: Grasp DB's with underhand grip (palms facing forward) and allow

arms to hang down at sides. Elbows should be close to sides.

3) Flex at the elbows and curl DB's one at a time up to approximately shoulder level. Keep elbows close to sides throughout movement. Return to start position.

4) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

Dumbbell Hammer Curl



**Exercise Description:**

Dumbbell Hammer Curl

**Classification:**

Biceps (free weights)

**Instructions:**

1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.

2) Start position: Grasp DB's with neutral grip (palms facing each other) and allow arms to hang down at sides. Elbows should be close to sides.

3) Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement. This exercise may be done one arm at a time.

4) Return to start position.

Dumbbell Incline Curl



**Exercise Description:**

Dumbbell Incline Curl

**Classification:**

Biceps (free weights)

**Instructions:**

1. Sit on a 45 degree incline bench.

2. Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.

3. Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement. This exercise may be done one arm at a time.
4. Return to start position.
5. Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

DB Preacher Curl



**Exercise Description:**

DB Preacher Curl

**Classification:**

Biceps (free weights)

**Instructions:**

- 1) Adjust seat or arm support height so that, while seated, top of arm support pad is at chest level.
  - 2) Position arm with elbows and upper arm supported on pad.
  - 3) Start position: Grasp DB with underhand grip (palms facing up) with elbows slightly bent. Choose a narrow or wide grip as shown.
  - 4) Flex at elbows until forearm is perpendicular to floor. Contract biceps at top of movement.
  - 5) Return to start position.
  - 6) Remember to keep shoulders stabilized - do not shrug shoulders forward on down (eccentric) phase of movement. Do not fully extend elbows at bottom of movement.
- Dumbbell Curl (two arms)



**Exercise Description:**

Dumbbell Curl (two arms)

**Classification:**

Biceps (free weights)

**Instructions:**

- 1) Stand with feet shoulder width apart and knees slightly bent or sit in upright position.
- 2) Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement. This exercise may be done one arm at a time.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position throughout movement. Shoulders should be stabilized by squeezing shoulder blades together slightly - only the elbow joint should be moving.

Bicep Squat to Hip Abduction

**Exercise Description:**

Bicep Squat to Hip Abduction

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by holding a dumbbell in each hand in a shoulder width stance position.
2. Squat down to parallel while simultaneously curling the dumbbells to shoulder height.
3. Squat back up to the start position. Once you are near the top of the squat then laterally abduct your left leg out to the side.
4. Return your leg to the starting position. Repeat exercise with other leg.
5. Complete prescribed repetitions alternating your legs.

Seated Dumbbell Bicep Curl

**Exercise Description:**

Seated Dumbbell Bicep Curl

**Classification:**

Biceps (free weights)

**Instructions:**

- 1) Sit in upright position on stability ball.
- 2) Start position: Grasp DB's with underhand grip (palms facing forward) and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl DB's up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 4) Return to start position.

**Incline Hammer Curls****Exercise Description:**

Incline Hammer Curls

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by lying on an incline bench with your arms at your side holding dumbbells and palms facing in.
2. Slowly curl the dumbbells up keeping your palms facing in and your elbows at your side.
3. Return to the starting position and repeat for the required number of repetitions.

**DB incline reverse curls****Exercise Description:**

DB incline reverse curls

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by lying on an incline bench with your arms at your side holding dumbbells and

palms facing down.

2. Slowly curl the dumbbells up keeping your palms facing down and your elbows at your side.
3. Return to the starting position and repeat for the required number of repetitions.

#### Supinated Incline DB curls



#### **Exercise Description:**

Supinated Incline DB curls

#### **Classification:**

Biceps (free weights)

#### **Instructions:**

1. Start by lying on an incline bench with your arms at your side holding dumbbells and palms facing down.
2. Slowly curl the dumbbells up rotating your palms so that your palms are facing up at the top of the movement and your elbows at your side.
3. Return to the starting position and repeat for the required number of repetitions.

#### Reverse barbell curls



#### **Exercise Description:**

Reverse barbell curls

#### **Classification:**

Biceps (free weights)

#### **Instructions:**

1. Hold a barbell with an overhand grip and your palms facing your body.
2. Keeping your elbows at your side curl the barbell up to chest level.
3. Return to the starting position and repeat according to the required repetitions.

## Standing Barbell Curl and Press



### **Exercise Description:**

Standing Barbell Curl and Press

### **Classification:**

Biceps (free weights)

### **Instructions:**

1. Start by holding a barbell with a palms up grip.
2. Curl the bar up to shoulder height and then press over your head.
3. Keep your abs tight and avoid hyperextension of the lower back.
4. Return to the starting position and repeat.

DB curl with shoulder press



### **Exercise Description:**

DB curl with shoulder press

### **Classification:**

Biceps (free weights)

### **Instructions:**

1. Start by holding the dumbbells at your side with a neutral grip.
2. Curl the dumbbells up to shoulder level and then proceed into a shoulder press.
3. Keep your abs tight throughout the movement.
4. Return to the starting position and repeat.

DB Deadlift Curl and Press



**Exercise Description:**

DB Deadlift Curl and Press

**Classification:**

Biceps (free weights)

**Instructions:**

1. Holding dumbbells at your side proceed to squat down into a squat until the dumbbells almost touch the ground.
2. Stand up and curl the dumbbells to shoulder level.
3. Now press the dumbbells up over your head until your arms are extended.
4. Return to the starting position and repeat.

Dynamic Lunge and Curl

**Exercise Description:**

Dynamic Lunge and Curl

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by holding the dumbbells at your side.
2. Lunge forward and down with your left foot.
3. As you stand up curl the dumbbells up to shoulder height. Return to the starting position with the dumbbells.
4. Repeat with the opposite leg until all recommended repetitions are completed.

Isometric Wall Squat with DB Curl

**Exercise Description:**

Isometric Wall Squat with DB Curl

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by sliding down a wall until your thighs are parallel to the ground.
2. Hold this position throughout the set.
3. Curl the dumbbells up to shoulder level.
4. Return to the starting position and repeat.

Seated Bar Curl and Press on Ball

**Exercise Description:**

Seated Bar Curl and Press on Ball

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by sitting on a resistance ball and holding the barbell on your thighs. Hold the barbell with your palms down.
2. Curl the barbell up to shoulder level and then press the barbell over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

Seated Barbell Curl and Press

**Exercise Description:**

Seated Barbell Curl and Press

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by sitting on a bench and holding the barbell on your thighs. Hold the barbell with your palms down.
2. Curl the barbell up to shoulder level and then press the barbell over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

Seated DB Curl and Press on Ball

**Exercise Description:**

Seated DB Curl and Press on Ball

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by sitting on a resistance ball and holding the dumbbells at your sides. Hold the dumbbells with your palms up.
2. Curl the dumbbells up to shoulder level and then press the dumbbells over your head.
3. Return to the starting position and repeat.
4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.

Seated DB Curl and Press

**Exercise Description:**

Seated DB Curl and Press

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by sitting on a bench and holding the dumbbells at your sides. Hold the dumbbells with your palms up.
  2. Curl the dumbbells up to shoulder level and then press the dumbbells over your head.
  3. Return to the starting position and repeat.
  4. Keep your abs tight throughout the movement and avoid excessive arching of the lower back.
- Walking Lunge Curl and Press

**Exercise Description:**

Walking Lunge Curl and Press

**Classification:**

Biceps (free weights)

**Instructions:**

1. Start by lunging forward with the dumbbells at your side.
2. As you stand up from your lunge curl the dumbbells up towards the shoulders.
3. Bring the dumbbells back down to your waist as you go into your next lunge.
4. As you stand up from the second lunge raise the dumbbells up over your head as if you are shoulder pressing them up.
5. Bring them back down to the waist when you lunge down for the third time and repeat this sequence.
6. Repeat for the recommended repetitions.





