

Biceps (Bands)

Bicep Curl



Exercise Description:

Bicep Curl

Classification:

Biceps (Bands)

Instructions:

- 1) Stand with feet shoulder width apart, knees slightly bent, and at a staggered stance.
- 2) Step onto middle of tubing with back foot or both feet.
- 3) Start position: Grasp handles with underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides.
- 4) Flex at the elbows and curl handles up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 5) Return to start position.
- 6) 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 movin

Seated Bicep band curl



Exercise Description:

Seated Bicep band curl

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on the ball and holding your arms extended in front of you holding the band.
2. Make sure the band is taught before beginning.
3. Curl the band up towards your chest and then return to the starting position and repeat.

Alternating Band Bicep Curls



Exercise Description:

Alternating Band Bicep Curls

Classification:

Biceps (Bands)

Instructions:

1. Start by placing the band under your feet and holding the ends of the band in your hands.
2. Slowly curl one arm up with your palms up and then lower to repeat with the other arm.
3. Continue for the recommended repetitions.

Alternating Neutral Grip Curls with band



Exercise Description:

Alternating Neutral Grip Curls with band

Classification:

Biceps (Bands)

Instructions:

1. Start by placing the band under your feet and holding the ends of the band in your hands.
2. Slowly curl one arm up with your palms in a neutral grip and then lower to repeat with the other arm.
3. Continue for the recommended repetitions.

Alternating Reverse Curl with Band



Exercise Description:

Alternating Reverse Curl with Band

Classification:

Biceps (Bands)

Instructions:

1. Start by placing the band under your feet and holding the ends of the band in your hands.
2. Slowly curl one arm up with your palms facing down and then lower to repeat with the other arm.
3. Continue for the recommended repetitions.

Band Neutral Grip Curls



Exercise Description:

Band Neutral Grip Curls

Classification:

Biceps (Bands)

Instructions:

1. Start by standing on the band with both feet and holding the handles with your hands.
2. Keeping your grip neutral (palms facing in) curl the band up until your hands are at shoulder height.
3. Return to the starting position and repeat

Reverse Curl with band



Exercise Description:

Reverse Curl with band

Classification:

Biceps (Bands)

Instructions:

1. Secure the band under your feet and hold the handles at waist level with your palms facing down and away.
2. Curl the band up towards your shoulders keeping your palms facing down.
3. Repeat for the recommended repetitions.

Seated Alt Band Curl on Ball



Exercise Description:

Seated Alt Band Curl on Ball

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on a resistance ball with your band secured under your feet.
2. Curl one hand up with your palm up until it reaches shoulder height.
3. Return to the starting position and repeat with the other arm.
4. Alternate this movement back and forth until the repetitions have been completed.

Seated Alt Band Curl on Bench



Exercise Description:

Seated Alt Band Curl on Bench

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on a bench or chair with your band secured under your feet.
2. Curl one hand up with your palm up until it reaches shoulder height.
3. Return to the starting position and repeat with the other arm.
4. Alternate this movement back and forth until the repetitions have been completed.

Seated Alt Neutral Grip Band Curl on Ball



Exercise Description:

Seated Alt Neutral Grip Band Curl on Ball

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on a resistance ball with your band secured under your feet.
2. Curl one hand up with your palm facing inward (neutral grip) until it reaches shoulder height.
3. Return to the starting position and repeat with the other arm.
4. Alternate this movement back and forth until the repetitions have been completed.

Seated Alt Neutral Grip Band Curl



Exercise Description:

Seated Alt Neutral Grip Band Curl

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on a bench with your band secured under your feet.
2. Curl one hand up with your palm facing inward (neutral grip) until it reaches shoulder height.
3. Return to the starting position and repeat with the other arm.
4. Alternate this movement back and forth until the repetitions have been completed.

Seated Alt Reverse Curl on Ball



Exercise Description:

Seated Alt Reverse Curl on Ball

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on a resistance ball with your band secured under your feet.
2. Curl one hand up with your palm down until it reaches shoulder height.
3. Return to the starting position and repeat with the other arm.
4. Alternate this movement back and forth until the repetitions have been completed.

Seated Band Curl on Ball



Exercise Description:

Seated Band Curl on Ball

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on a resistance ball with your band secured under your feet.
2. Curl your hands up with your palms up until they reach shoulder height.
3. Return to the starting position and repeat. Make sure you keep your elbows at your sides.

Seated Band Curl



Exercise Description:

Seated Band Curl

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on a bench with your band secured under your feet.
2. Curl your hands up with your palms up until they reach shoulder height.
3. Return to the starting position and repeat. Make sure you keep your elbows at your sides.

Seated Neutral Grip Curls with Band on Ball



Exercise Description:

Seated Neutral Grip Curls with Band on Ball

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on the ball with the band secured under your feet. Your palms should be facing inward (neutral grip).
2. Curl the band up towards your shoulders keeping your elbows at your sides.
3. Return to the starting position and repeat.

Seated Neutral Grip Curls with Band



Exercise Description:

Seated Neutral Grip Curls with Band

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on the bench with the band secured under your feet. Your palms should be facing inward (neutral grip).
2. Curl the band up towards your shoulders keeping your elbows at your sides.
3. Return to the starting position and repeat.

Seated Reverse Curl with Band



Exercise Description:

Seated Reverse Curl with Band

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on the bench with the band secured under your feet. Your palms should be facing down.
2. Curl the band up towards your shoulders keeping your elbows at your sides.
3. Return to the starting position and repeat.

Seated Reverse Curl on Ball with Bands



Exercise Description:

Seated Reverse Curl on Ball with Bands

Classification:

Biceps (Bands)

Instructions:

1. Start by sitting on the ball with the band secured under your feet. Your palms should be facing inward (neutral grip).
2. Curl the band up towards your shoulders keeping your elbows at your sides.
3. Return to the starting position and repeat.

