Biceps (machines)

Close Grip Chinup (assisted)

Exercise Description:
Close Grip Chinup (assisted)
Classification:
Biceps (machines)
Instructions:
1) Position hands shoulder width to slightly narrower than shoulder width apart with underhand grip (palms facing towards body).
2) Start position: Hang with arms fully extended and elbows forward. Feet may be crossed with knees bent or place feet on platform
3) Pull body up until bar is below chin level.
4) Return to start position.
5) Remember to keep the movement controlled with the body stable to minimize momentum and body sway. If the bar is too high, it is advisable to use a step to ensure proper hand placement as well as safety. Pick a weight that allows you to fatigue at the prescribed repetitions.
Pullups (assisted)

Exercise Description:
Pullups (assisted)
Classification:
Biceps (machines)

Instructions:
1) Position hands wider than shoulder width apart with overhand grip (palms facing forward).
2) Start position: Hang with arms fully extended and elbows facing away from body. Feet may be crossed with knees bent or stand on foot platform
3) Pull body up until bar is below chin level.
4) Return to start position.
6) Remember to keep the movement controlled with the body stable to minimize momentum and body sway. If the bar is too high, it is advisable to use a step to ensure proper hand placement as well as safety. Pick a weight that allows you to fatigue at the prescribed repetitions.
Cable Curl

Exercise Description:
Cable Curl
Classification:
Biceps (machines)
Instructions:
1) Stand approximately 2 feet away from cable pulley 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.
Cable Curl (one arm)

Exercise Description:
Cable Curl (one arm)
Classification:
Biceps (machines)
Instructions:
1) Stand approximately 2 feet away from cable pulley with feet shoulder width apart and knees slightly bent.
2) Start position: Grasp handle underhand grip (palm facing forward) allow arm to hang down at side. Elbow should be close to side.
3) Flex at the elbow and curl handle up to approximately shoulder level. Keep elbow close to side throughout movement.
4) Return to start position.

Cable Preacher Curls

Exercise Description:
Cable Preacher Curls
Classification:
Biceps (machines)
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. Choose a narrow or wide grip as shown.
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.
Seated Incline Curl

Exercise Description:
Seated Incline Curl
Classification:
Biceps (machines)
Instructions:
1) Sit in a chair at an angle of about 45-60 degrees.
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.
Preacher Curls

Exercise Description:
Preacher Curls
Classification:
Biceps (machines)
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. Choose a narrow or wide grip if applicable.

4) Flex at elbows and curl handle 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.

Free Motion Fitness Bicep Curls

Exercise Description:

Free Motion Fitness Bicep Curls

Classification:

Biceps (machines)

Instructions:

1. Stand in front or in between the pulleys.

2. Reach down and grab the pulleys and bring them to waist height.

3. Keeping your upper body tight and not moving curl the cables up towards your shoulders.

4. Make sure to keep your elbows tucked against your sides and do not shift them forward during the movement.

5. Repeat for the desired repetitions.

Cable Lateral Curls

Exercise Description:

Cable Lateral Curls

Classification:

Biceps (machines)

Instructions:

1. Start by holding a cable in each hand at shoulder level with your arms extended.

2. Your palms should be facing up. Now curl the cables up and towards your shoulders

keeping your elbows in a relatively stationary position.
3. Return to the starting position and repeat for the desired repetitions.
Preacher Machine Bicep Curls

Exercise Description:
Preacher Machine Bicep Curls
Classification:
Biceps (machines)
Instructions:
1. Start by sitting in the machine and placing your arms on top of the pad.
2. Grab the handles with your palms facing up.
3. Curl the bar up towards your chest and then return to the starting position and repeat.