

## **Biceps (resistance bars)**

### Bicep Curl (Palm Down)



#### **Exercise Description:**

Bicep Curl (Palm Down)

#### **Classification:**

Biceps (resistance bars)

#### **Instructions:**

1. Place one hand in-between resistance bars palm down to grip and stabilize the bottom resistance bar and the other hand on top of resistance bar palm facing down to grip resistance bar.
2. Lift with the upper hand keeping the wrist straight.
3. Alternate hands after completing a set.
4. Breathe normally as you do this exercise.

Bicep Curl Palm Up



#### **Exercise Description:**

Bicep Curl Palm Up

#### **Classification:**

Biceps (resistance bars)

#### **Instructions:**

1. Place hands in-between resistance bars. The lower hand should be palm down to grip and stabilize the bottom resistance bar and the upper hand palm facing upward to grip top resistance bar.
2. Lift with the upper hand keeping the wrist straight.

3. Alternate hands after completing a set.
  4. Breathe normally as you do this exercise.
- Palms-in Overhead Raise



**Exercise Description:**

Palms-in Overhead Raise

**Classification:**

Biceps (resistance bars)

**Instructions:**

1. Place your feet together and keep your head straight. Hold the resistance bars at chest level and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars raise your hands slowly above your head and lock them out.
3. Hold for 5 to 10 seconds and slowly lower the resistance bars back to chest level.
4. Do not close the resistance bars while doing your repetitions. Close them only after completing the set.
5. Inhale when opening the resistance bars and exhale raising them upward. Inhale when returning the resistance bars to your chest and repeat.

Parallel Arm Lifts



**Exercise Description:**

Parallel Arm Lifts

**Classification:**

Biceps (resistance bars)

**Instructions:**

1. Place your feet together and keep your head straight. With palms facing inward hold the resistance bars horizontal to the ground at chest level and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars extend your hands slowly

forward and lock them out. Hold for 5 to 10 seconds and bring the resistance bars slowly back to your chest.

3. Alternate arm on top by turning resistance bars after each repetition or after completing a set. Maintain the distance between the resistance bars while doing your repetitions and close them only after completing the set.

4. Inhale opening the resistance bars and exhale extending them outward. Inhale returning the resistance bars to your chest

Palms-in Overhead Raise



**Exercise Description:**

Palms-in Overhead Raise

**Classification:**

Biceps (resistance bars)

**Instructions:**

1. Place your feet together and keep your head straight. Hold the resistance bars at chest level and open them as wide as you possibly can.

2. Maintaining the distance between the resistance bars raise your hands slowly above your head and lock them out.

3. Hold for 5 to 10 seconds and slowly lower the resistance bars back to chest level.

4. Do not close the resistance bars while doing your repetitions. Close them only after completing the set.

5. Inhale when opening the resistance bars and exhale raising them upward. Inhale when returning the resistance bars to your chest and repeat.

Parallel Arm Lifts



**Exercise Description:**

Parallel Arm Lifts

**Classification:**

Biceps (resistance bars)

**Instructions:**

1. Place your feet together and keep your head straight. With palms facing inward hold the resistance bars horizontal to the ground at chest level and open them as wide as you possibly can.
2. Maintaining the distance between the resistance bars extend your hands slowly forward and lock them out. Hold for 5 to 10 seconds and bring the resistance bars slowly back to your chest.
3. Alternate arm on top by turning resistance bars after each repetition or after completing a set. Maintain the distance between the resistance bars while doing your repetitions and close them only after completing the set.
4. Inhale opening the resistance bars and exhale extending them outward. Inhale returning the resistance bars to your chest