

## **Biceps (seated)**

### Seated Alt Band Curl on Ball



#### **Exercise Description:**

Seated Alt Band Curl on Ball

#### **Classification:**

Biceps (seated)

#### **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 (seated)

#### **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 (seated)

**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 (seated)

**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 (seated)

**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 Alt Reverse Curl



**Exercise Description:**

Seated Alt Reverse Curl

**Classification:**

Biceps (seated)

**Instructions:**

1. Start by sitting on a bench 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 (seated)

**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 (seated)

**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 Bar Curl and Press on Ball



**Exercise Description:**

Seated Bar Curl and Press on Ball

**Classification:**

Biceps (seated)

**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 (seated)

**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.

Biceps (seated)



**Exercise Description:**

Seated DB Curl and Press on Ball

**Classification:**

Biceps (seated)

**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 (seated)

**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.

Seated Neutral Grip Curls with Band on Ball



**Exercise Description:**

Seated Neutral Grip Curls with Band on Ball

**Classification:**

Biceps (seated)

**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 (seated)

**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 (seated)

**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 (seated)

**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.

