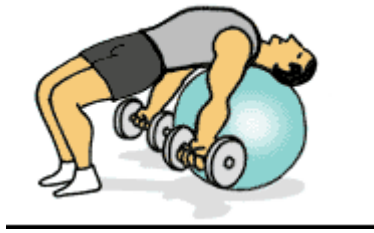


Biceps (stability ball)

Supine Bicep Curl



Exercise Description:

Supine Bicep Curl

Classification:

Biceps (stability ball)

Instructions:

Sit in upright position on flexaball with feet flat on floor.

Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball). Raise hips to create a “table top” position parallel to floor.

Start Position: Extend arms so that the dumbbells are towards the ground in front of the ball.

Curl dumbbells up to the top position. Avoid flexing the arm forward using the shoulder. Return to the starting position and repeat.

DB bicep curl on ball



Exercise Description:

DB bicep curl on ball

Classification:

Biceps (stability ball)

Instructions:

1. Start by placing knees on top of the stability ball and balance on your shins.
2. Holding a dumbbell in each hand perform a curl to shoulder height.
3. Keep your elbows next to your sides and return to the starting position.
4. Repeat according to the prescribed repetitions.

DB preacher curls on ball



Exercise Description:

DB preacher curls on ball

Classification:

Biceps (stability ball)

Instructions:

1. Kneel on one knee and place one arm over the stability ball.
- 2 Your tricep should be resting against the ball.
3. Curl the dumbbell up and then extend until your arm is almost completely extended. Stop just short of locking out your elbow.
4. Repeat for the prescribed reps and then repeat with the other arm.

Supine DB bicep curl



Exercise Description:

Supine DB bicep curl

Classification:

Biceps (stability ball)

Instructions:

1. Lie on your back on a stability ball and hold a dumbbell in each hand towards the ground.
2. Proceed to curl the dumbbells up towards your waist.
3. Return to the starting position and repeat.

Seated Dumbbell Bicep Curl



Exercise Description:

Seated Dumbbell Bicep Curl

Classification:

Biceps (stability ball)

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.

Seated Alt Band Curl on Ball



Exercise Description:

Seated Alt Band Curl on Ball

Classification:

Biceps (stability ball)

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 Neutral Grip Band Curl on Ball

**Exercise Description:**

Seated Alt Neutral Grip Band Curl on Ball

Classification:

Biceps (stability ball)

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 Reverse Curl on Ball

**Exercise Description:**

Seated Alt Reverse Curl on Ball

Classification:

Biceps (stability ball)

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 (stability ball)

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 Bar Curl and Press on Ball



Exercise Description:

Seated Bar Curl and Press on Ball

Classification:

Biceps (stability ball)

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 DB Curl and Press on Ball



Exercise Description:

Seated DB Curl and Press on Ball

Classification:

Biceps (stability ball)

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 Nuetral Grip Curls with Band on Ball



Exercise Description:

Seated Nuetral Grip Curls with Band on Ball

Classification:

Biceps (stability ball)

Instructions:

1. Start by sitting on the ball with the band secured under your feet. Your palms should be facing inward (nuetral 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 on Ball with Bands



Exercise Description:

Seated Reverse Curl on Ball with Bands

Classification:

Biceps (stability ball)

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.

