

Forearms (free weights)

Barbell Reverse Curl



Exercise Description:

Barbell Reverse Curl

Classification:

Forearms (free weights)

Instructions:

- 1) Stand with feet shoulder width apart and knees slightly bent.
- 2) Start position: Grasp bar with an overhand grip (palms facing down) 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.

Barbell Reverse Preacher Curl



Exercise Description:

Barbell Reverse Preacher Curl

Classification:

Forearms (free weights)

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 overhand grip (palms facing down) with elbows slightly bent.
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 Barbell Reverse Curl



Exercise Description:

Seated Barbell Reverse Curl

Classification:

Forearms (free weights)

Instructions:

- 1) Grasp BB. Sit in upright position and rest forearms on corresponding thighs with the palms down or rest forearms on a flat bench or training table.
- 2) Hands and wrists should be off the thighs or table (as shown).
- 3) Raise the weight by extending at the wrist.
- 4) Lower the weight and repeat as prescribed.

Remember to keep the forearms flat and supported on the thighs or bench throughout the movement. Trunk should be flexed forward at the hips - keep back straight throughout movement.

Seated Barbell Wrist Curl



Exercise Description:

Seated Barbell Wrist Curl

Classification:

Forearms (free weights)

Instructions:

- 1) Grasp BB. Sit in upright position and rest forearms on corresponding thighs with the palms facing up or rest forearms on a flat bench or training table.
- 2) Hands and wrists should be off the thighs or table (as shown).
- 3) Raise the weight by flexing at the wrist.
- 4) Lower the weight and repeat as prescribed.

Dumbbell Wrist Curl



Exercise Description:

Dumbbell Wrist Curl

Classification:

Forearms (free weights)

Instructions:

1. Grasp DB. Sit in upright position and rest forearms on corresponding thighs with the palms facing up or rest forearms on a flat bench or training table.
2. Hands and wrists should be off the thighs or table (as shown).
3. Raise the weight by flexing at the wrist.
4. Lower the weight and repeat as prescribed.

Wrist extensions on ball



Exercise Description:

Wrist extensions on ball

Classification:

Forearms (free weights)

Instructions:

- 1) Grasp DB or BB. Rest forearms on a stability ball with the palms down.
- 2) Hands and wrists should be off the ball(as shown).
- 3) Raise the weight by extending at the wrist.
- 4) Lower the weight and repeat as prescribed.

Standing forearm swing



Exercise Description:

Standing forearm swing

Classification:

Forearms (free weights)

Instructions:

1. Hold a kettlebell in each hand and keep your elbows at your side.
2. Swing your arms in a rotational pattern with each hand going in the opposite direction.
3. Try to minimize momentum and control the weight.
4. Repeat according to the prescribed repetitions.