

DB BICEP CURL TO SHOULDER PRESS LIGHT WEIGHT

START



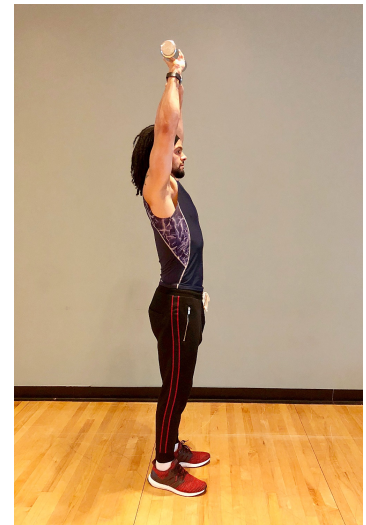
- Stand with your feet hip-width apart and hold a dumbbell in each hand
- Your arms should be by your sides with your palms facing inward
- Look directly ahead, keeping your chest up

MIDDLE



- Bend your arms and as your elbows pass 90° of flexion, rotate your hands into a palms-up position
- Inhale as you raise the weights to your shoulders
- Do not use momentum or flex through the shoulder, instead use a controlled motion

END



- Exhale and press the weights up and overhead to full arm extension
- Flex and abduct the shoulder to rotate the palms to face forward as you press above your head
- Pause at the top of the motion
- Lower the weights by reversing this action
- Repeat for the recommended amount of repetitions

MUSCLES TARGETED

BICEPS, TRICEPS & DELTOIDS

- The bicep curl to shoulder press uses several major upper body muscles
- The action of curling the weights from full arm extension to your shoulders primarily uses your biceps brachii, however, your brachioradialis and brachialis also play important roles
- Pressing the weights overhead targets your triceps brachii and deltoid muscles, specifically your anterior or front deltoid. Your medial and posterior deltoids are also involved in this exercise but in a synergistic or assisting capacity

NOTE

Do not use a weight that is too heavy, as you may be forced into swinging or jerking the weight up, which may lead to injury. It is better use a lighter weight than perform this exercise using an incorrect and potentially dangerous technique.