

## BICEP CURL BB

START



- Stand straight and hold a Barbell with an underhand grip at arm's length
- Keep your elbows close to your torso
- Keep the upper arms stationary

MIDDLE



- Exhale and curl the BB while contracting your biceps
- Continue to raise the BB until your biceps are fully contracted and the BB is at shoulder level
- Hold the contracted position for a brief pause as you squeeze your biceps

END



- Inhale and slowly begin to lower the BB back to the starting position
- Repeat for the recommended amount of repetitions

## MUSCLES TARGETED

### BICEPS BRACHI

- The biceps brachii is a two-headed muscle on top of your upper arm and includes underlying upper-arm muscles, such as the brachialis and brachioradialis, the latter of which extends into your forearms
- Together, the three muscles are responsible for flexing your elbows
- The biceps brachii also rotates your forearms, while the muscle's short head plays a small role in flexing your shoulders

### NOTE

*Bicep curls not only build bicep size and strength, but they have the potential to improve rotator cuff strength and improve rotary stability if performed with the correct technique.*