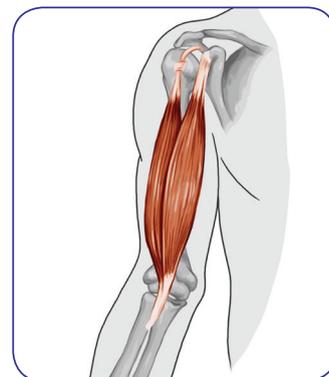


## Biceps

### BICEP CURL

A great isolation exercise, the bicep curl gives fantastic definition to the upper arm.

- Stand with feet hip-width apart, knees slightly bent and arms by your sides. Start with your elbows slightly bent; hold the weights so that your palms face outwards
- Bend your arms and lift the weights towards your shoulders. Keep your elbows tucked in close to your body. At the top of the movement, flex your biceps to maximise the effectiveness of the exercise. Keep the movement slow and controlled and take care to keep your back straight as you lift the weight



### BICEP CURL WITH BARBELL ALTERNATIVE

- Stand with feet hip-width apart and knees relaxed. Slowly raise the barbell to the chest, hold for 1 second, then return to the start position

### BICEP CURL WITH FITBALL ALTERNATIVE

- Position a fit ball between your lower back and the wall. Keep your back straight and knees relaxed. Raise and lower the weights as for a bicep curl. Leaning on the ball lengthens the biceps because the elbows come slightly further back than usual; this also helps to concentrate work on the biceps

### HAMMER CURL

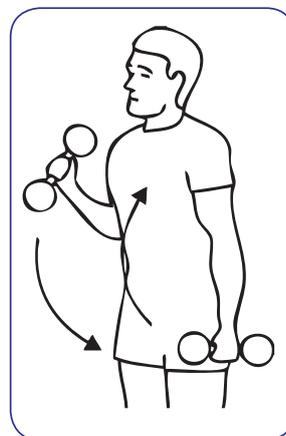
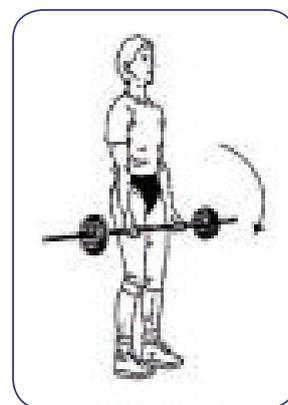
The hammer curl sculpts and tones the outer sections of the biceps and can actually make your arms appear longer.

- Stand with feet hip-width apart, legs slightly bent and arms by your sides. Start with your arms slightly bent. Hold the weights so that your palms face inwards
- Lift the weight towards your shoulders, keeping your elbows tucked in close to your body. Flex the biceps at the top of the movement, then return to start position. Do not allow your body to sway with the movement

### SUPPORTED HAMMER CURL

This is an advanced bicep exercise. As the arm is supported by the bench you cannot move your elbow to help lift the weight and all the work is done by the bicep.

- Stand behind a bench that is raised to a 45-55° angle. Keep your back straight, and ensure that your body weight is evenly distributed. Rest the arm with the weight against the elevated bench
- Pull the weight towards your shoulder keeping the upper arm against the bench and maintaining the hammer curl position. Count 2 seconds, keeping the movement slow and controlled. This elongates the bicep rather than giving it a round compact shape



For advice on any of the exercises mentioned in this article please ask one of the Team.

