

Bicep Curl



Anchor: Under feet/foot

Start: Stand with feet hip width apart, hand on handles at side, palms facing forward.

Movement: Contract the bicep muscle, bending at the elbow, bringing the hand towards the shoulder.

Tip: Keep the elbows close to the side.

Parallel Curl



Anchor: Shoulder height

Start: Stand with feet hip-width apart, arms up and parallel to the floor, palms facing up.

Movement: Contracting the bicep, bring hands towards the shoulders, keeping the arms parallel to the floor.

Tip: Focus on the elbows staying up.

Preacher Curl



Anchor: Low, bottom of door or floor

Start: Stand with feet hip-width apart, arms out front in line with the band to the floor, palms up.

Movement: Contracting the biceps, bring the hands towards the shoulders and release back to start position.

Tip: Try not to let weight pull you forward; stabilize with your core.

Incline Curl



Anchor: Low, base of door or floor

Start: Stand with feet hip width apart with back to the door. Arms angled behind you, palms facing forward.

Movement: Contract biceps and bring hand towards the chest, keeping the elbows behind you.

Tip: Try not to let the weight pull you back, stabilize with your core.

Lying Curl



Anchor: Low, base of door, floor

Start: Lying on the ground with knees bent and arms at your side, palms facing up.

Movement: Contract the biceps, keeping the elbows in contact with the floor; bring the hand towards the shoulder.

Tip: Contract the abs

Seated Bicep Curl



Anchor: Under feet/foot

Start: Sit in a chair, close to the edge, feet hip width apart arms at your side, palms forward.

Movement: Contract your biceps and bring your hands toward your shoulders, keeping your elbows at your side.

Tip: Sit tall

Concentration Curl



Anchor: Under one foot

Start: Place elbow inside one knee/leg holding handle, palm facing up.

Movement: Contract bicep bringing hand toward the shoulder as elbow stays in contact with the leg.

Tip: Make the tension harder by using less slack.