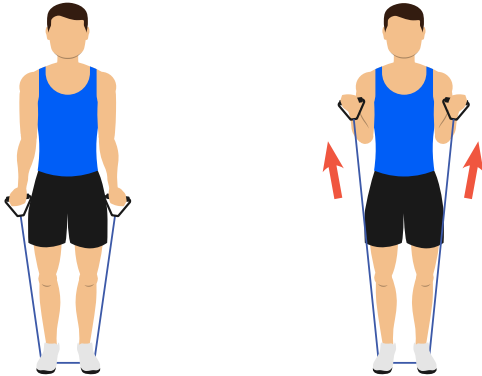


Bicep Curl



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 side.

Laying Curl



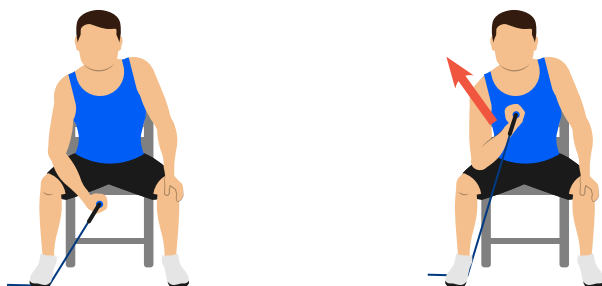
ANCHOR: Low, base of door, floor

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

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.