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.