



BICEP EXERCISES



BICEP CURLS- Your grip should be about shoulder width apart. Stand straight up with a straight back. Don't bend backwards. Squeeze the weights tight and slowly bring it towards your upper chest. Keep your elbows tucked into your sides. Pause at the top of the movement, and slowly lower the bar to the starting position. Keep control of the weight at all times. Don't arch your back or swing the weight up - that's cheating!



HAMMER CURLS- Get two dumbbells and stand straight up with your arms by your side and your palms facing towards your body. Squeeze the dumbbells tight and raise your arms until your forearms are parallel with the floor. Pause at the top of the hammer curl and squeeze your bicep muscles hard, then slowly lower back down to the starting position.