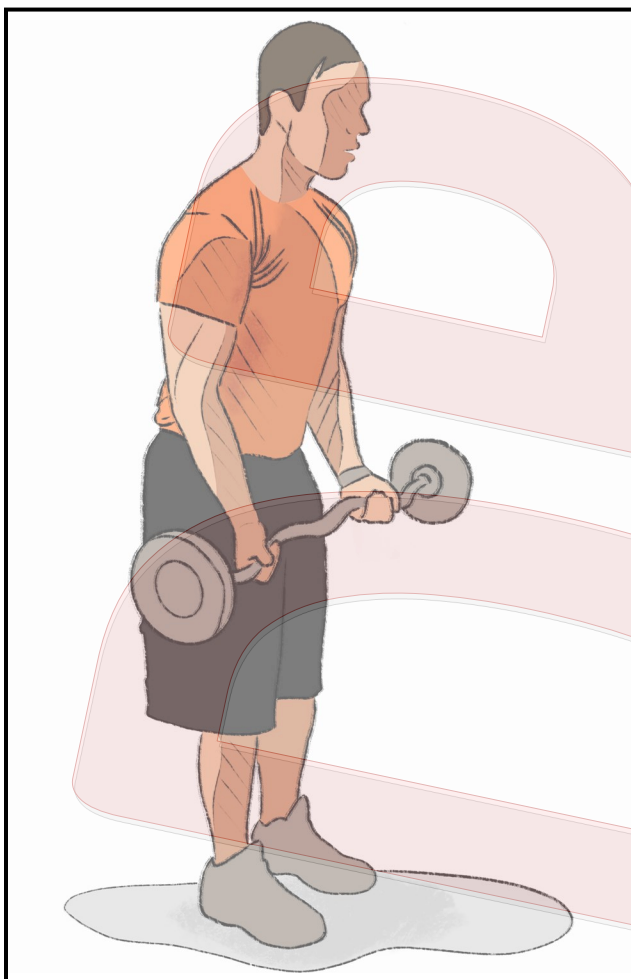


Exercise Spotlight

Bicep Curl [Barbell, Underhand Grip]

Muscles Worked	- Biceps, Erector Spinae, Transverse Abdominis
Benefits	- Improve pulling strength and add size to the arms - Reinforce a strong athletic stance while practicing sound posture
Precautions	- Make an effort to keep the core braced and avoid the temptation to stand up too tall and overarch at the low back when practicing this exercise
Instructions	- Establish a soft athletic stance with your knees and hips slightly bent as you grasp a barbell with an underhand grip. The hands should be approximately shoulder-width apart, with the elbows slightly bent and close to your sides - Exhale as you lift the barbell until your elbows reach an approximate ninety degree angle. Pause momentarily at the top position as you focus on squeezing the biceps - Inhale as you slowly return to start position, remembering to keep the elbows slightly bent as you lower the barbell down towards your thighs - Repeat for desired number of sets and repetitions

Start and Finish



Mid Point

