

Personal Training by Robert J. Bovee

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BICEP CONCENTRATION CURL (STRAIGHT BAR)

A. Emphasis. The primary muscles stressed in this movement are the muscles in the front of your upper arm (biceps brachii - peak). The secondary muscles stressed are muscles in the forearm and the front of your shoulder.

B. Starting Position. Grip the bar in the designated position (wrists straight). Squat down until you can rest your elbows just inside and aligned with your knees. Extend your arms down toward the floor with your elbows slightly bent. Keep your back slightly arched and your knees bent.

C. Movement. Raise the bar up as high as you can without moving your elbows. Contract your biceps hard. Take 2 to 3 seconds to lower the bar down to the extended position.

D. Training Tips.

- 1) Keep your elbows at knee level. If you allow your elbows to move up as you raise the bar you will be using your shoulders to move the bar, no longer isolating the bicep.
- 2) Keep your head above your knees (keeping your knees bent).

E. Options.

- 1) Your elbows can be placed inside or outside your knees as dictated by which is more comfortable to you.

F. Warning Tips.

- 1) **Do not** lower the bar any faster than 2 to 3 seconds. You must stay in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.