

# *Personal Training by Robert J. Bovee*

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## **STANDING ALTERNATING BICEP CURL (DUMBBELL)**

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

**B. Starting Position.** With a dumbbell in each hand (wrist straight), extend your arms down at your sides with your palms facing toward your body and elbows at your sides. Stand straight up and down with your feet shoulder width apart and knees slightly bent.

**C. Movement.** Turn your right hand out until your palm is facing forward. Raise the dumbbell up as far as you can without moving your elbows. At this point, turn your little finger toward your shoulder and contract your bicep hard for peak contraction. Take **2 to 3** seconds to lower the dumbbell down to the extended position. Do not turn your palm back in toward your body until you have reached the extended position. Repeat with the left arm, performing the same amount of reps as you alternate each side.

### **D. Training Tips.**

- 1) Keep your elbow in at your side as you raise the dumbbell. If you allow your elbow to move up as you raise the dumbbell you will be using your shoulder to move the dumbbell. If you see that your forearm is straight up and down in the top position, your elbow is too far forward.

### **E. Options.**

- 1) This movement can also be performed in a seated position.

### **F. Warning Tips.**

- 1) **Do not** arch your back when raising the dumbbell up. Failure to do so can result in serious injury to your back.
- 2) **Do not** lower the dumbbell 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.