Title: Barbell Drag Bicep Curls

Primary Muscle Groups: Biceps

Secondary Muscle Groups: Forearms

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">With a slight bend at the knee, hold the barbell extended towards the floor with an underhand grip about shoulder width apart.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Push your elbows backwards allowing them to bend and the barbell to raise, running along the front of your torso.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Continue with this motion until the barbell rests just above the nipple line and hold this position for a full second while flexing your biceps.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Extend your elbows, slowly, allowing the barbell to again run along the body until rests in the starting position.</span></li>

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