**Cable Curls**

**Target Muscles:**Biceps

**Equipment:**Cable Machine

**Instructions:** Stand, facing cable, in good body alignment (abs tight, chest up, back straight) with feet in comfortable position. Keeping arms at side, grip bar (palms forward) slightly wider than shoulder width. In a controlled motion, keeping upper arm perpendicular to the floor, curl bar up. Contract biceps fully, without compromising form. While maintaining the controlled motion, return bar to starting position. Do not allow muscles to relax before next repetition.

**Biceps curls**

**Target Muscles:** Biceps

**Equipment:**Barbell

**Start:** Stand straight while holding a barbell with an underhand grip. Hold it at arm's length in front of your thighs, with our knees slightly bent, your back straight, and your shoulders back.

**Finish:** Curl the bar until your forearms are almost perpendicular to the floor, Pause, then return to the starting position.

**Preacher curls**

**Target Muscles:**Biceps

**Equipment:**Preacher Bench

**Instructions:** Sit on preacher bench placing back of arms on pad. The seat should be adjusted to allow the arm pit to rest near the top of the pad. Grasp curl bar with shoulder width underhand grip. Raise the bar until forearms are perpendicular to floor with the back of the upper arm remaining on the pad. Lower the barbell until arm is fully extended. Repeat.

**Dumbell curls**

**Target Muscles:**Biceps

**Equipment:**Dumbbells

**Start:** With an underhand grip, hold two dumbbells straight down, at arm's length.

**Finish:** Curl the weights toward your shoulders. Stop and squeeze when the dumbbells are 6 or 8 inches in front of your shoulders. Hold the contraction for a beat, then slowly return to the starting position. Don't lean back to help yourself lift more weight, and keep your upper arms against your sides throughout the exercises.

**Concentration curls**

**Target Muscles:**Biceps

**Equipment:**Bench, chair or a sturdy place to sit

**Start:** Grab a dumbbell with your nondominant hand and sit at the end of a bench, leaning forward slightly with your legs spread out to the sides. Rest the back of your weighted arm on the inside of your thigh. Hold the weight with an underhand grip and let it hang straight down. Rest your other hand or forearm on your other thigh.

**Finish:** Curl the weight up toward your face without shifting your upper arm, lifting your torso, or curling your wrist.