

EZ Bar Curl Video Exercise Guide

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EXERCISE PROFILE

Target Muscle Group	<u>Biceps</u>
Exercise Type	Strength
Equipment Required	Barbell
Mechanics	Isolation
Force Type	Pull
Experience Level	Beginner
Secondary Muscles	None

TARGET MUSCLE GROUP

Biceps





EZ Bar Curl Instructions

The standing EZ bar curl is a variation of the barbell curl but uses an EZ bar.

1. Grasp an EZ bar at around shoulder width apart using an underhand grip (palms facing up).
2. Stand straight up, feet together (you may be more comfortable taking one foot back for stability), back straight, and with your arms fully extended. The bar should not be touching your body.
3. Keeping your eyes facing forward, elbows tucked in at your sides, and your body completely still, slowly curl the bar up.
4. Squeeze your biceps hard at the top of the movement, and then slowly lower it back to the starting position.
5. Repeat for desired reps.

EZ Bar Curl Tips

- Use the EZ bar curl when you have had wrist injuries or if you feel pain in the wrists when doing barbell curls.
- Do not swing back when you curl the bar up.
- Keep your body fixed and elbows in at your sides throughout the movement.