

Alternating Seated Dumbbell Curl Video Exercise Guide

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EXERCISE PROFILE

Target Muscle Group

Biceps

Exercise Type	Strength
Equipment Required	Dumbbell
Mechanics	Isolation
Force Type	Pull
Experience Level	Beginner
Secondary Muscles	None

TARGET MUSCLE GROUP

Biceps





Alternating Seated Dumbbell Curl

Instructions

1. Set up for the alternating seated dumbbell curl by grabbing a flat bench or adjustable bench and placing a set of dumbbells at one end.
2. Sit on the end of the bench with your feet out in front of you and your knees together.
3. Pick up the dumbbells from the floor and let them hang by your sides with your palms facing up.
4. Bend the arms slightly to take the tension into the biceps. This is the starting position for the exercise.
5. With your back straight and your elbows tucked in at your sides, slowly curl the dumbbell up with one arm.
6. Squeeze the bicep hard, then slowly lower the weight back to the starting position.
7. Repeat for the other arm, and then repeat for desired reps.

Alternating Seated Dumbbell Curl Tips

- Keep your body fixed throughout the set. Do not lean back when curling the dumbbells up.
- Keep your elbows tucked in at your sides.
- Keep the tension on the bicep throughout the set, even in the arm that is not curling the weight.