Alternating Seated Dumbbell Curl Video Exercise Guide

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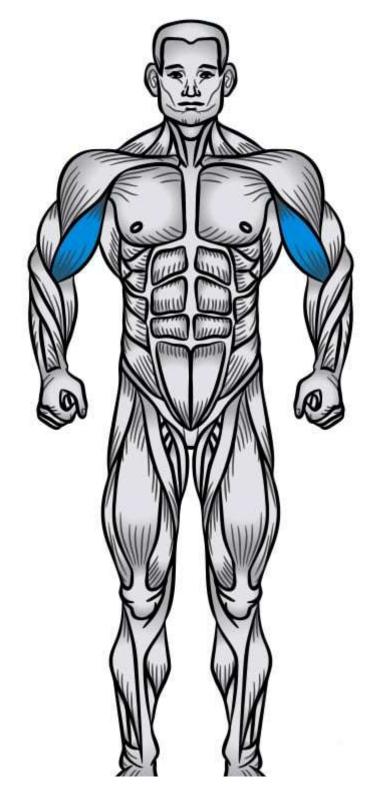
EXERCISE PROFILE

Target Muscle Group

<u>Biceps</u>

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

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.