



Single Arm Bicep Curl in bird dog (facing forward)

[right arm]

Kneeling on the carriage, facing the front platform

[Xformer]

Standard: 2-3 white springs

Modification: use the long black strap instead of the short hard handle

Intensification: 3-4 white springs

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to perform the exercise)
 - Start by kneeling on the carriage facing forward
 - Grab the long black strap located on the right side of the carriage with your right hand and hold it by the short hard handle
 - Hands and knees down on the carriage shoulder and hip-width apart
 - Bring your right arm with the short hard handle straight back, with your palm facing downward
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you bend your right elbow, bringing your right hand towards your shoulder
 - Inhale as you release your arm back just before losing tension
- DO NOT
 - DO NOT release your bicep curl so far back that you lose tension
- Challenge(s)
 - Hold your bicep curl and pulse the left leg down and up 2 inches
 - Extend the right arm all the way forward and pulse back and forward 2 inches (above)

