

## Back Kneeling Bicep Curl

at the back platform, facing the carriage

Standard: 1-2 white springs

Intensification: stand on the floor, behind the back platform facing the reformer

- Setup (how to perform the exercise)
  - Start by kneeling on the back platform facing the front platform
  - Grab the short hard cables underneath the handlebars,
  - Bring your arms by your sides and hands to your side and engage your core
- Execution (how to perform the exercise)
  - Exhale as you bend your elbows to bring your hands towards your armpits
  - Inhale as you lengthen your arms out and downwards
- DO NOT
  - DO NOT arch your back
  - DO NOT release your bicep curl so far down and forward that you lose tension
- Modification(s) (easier)
  - 1 gray spring
- Intensification(s) (harder)
  - Step down to the floor behind the back platform and perform bicep curls standing with a soft bend in both knees
- Challenge(s)
  - Holds and pulses
    - Hold your bicep curl halfway up and hold
      - pulse by releasing 2 inches and curling 2 inches (easier)
      - pulse by curling 2 inches and releasing 2 inches (harder)

Note: You can also perform “Hammer Bicep Curl” or “Reverse Bicep Curl”