

EXERCISE

Standing Dumbbell Bicep Curl

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a standing dumbbell bicep curl. It's an upper body exercise working the front of the arm, the biceps.

Once the client is in position with their hands down by the sides, make sure that they're in a good postural position. So – the chest is proud, the shoulders, slightly drawn down and back.

Once they're there, they bring the hands forwards in front of them and start to rotate the hands as they move them up to the shoulders. Once they're at the top - a brief pause and then slowly lower as they lengthen back down to the start.

One thing that you might need to look out for is elbow positioning, making sure that the elbow stays tight and tucked to the side. Sometimes they can have a little bit of forward and backward movement which then starts to involve the shoulder. So here we're really trying to recruit the bicep as best as we possibly can.

One other thing to note, as they're rotating the wrist, we want the pinky finger to be as rotated inwards towards the shoulder as we can.

Slowly lower and lengthen at the bottom.

Main Muscles Involved

- Biceps
- Brachials
- Brachioradialis

