

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

INCLINE ALTERNATING BICEP CURL (DUMBBELL)

A. Emphasis. The primary muscles stressed in this movement are the muscles in the front of your upper arm (upper biceps brachii). The secondary muscles stressed are the muscles in your forearm and shoulder as well as the brachialis and brachio radialis.

B. Starting Position. With a dumbbell in each hand, carefully sit on an incline bench set at a designated angle (the lower the angle of the incline, the greater the stress on the bicep). Extend your arms down and at your sides with your palms facing toward your body (wrists straight). Keep your feet flat on the floor and your back flat against the seat.

C. Movement. Turn your right hand out until your palm is facing forward. Raise the dumbbell up as far as you can without moving your elbow. At this point, turn your little finger toward your shoulder and contact your bicep hard. Take **2 to 3** seconds to lower the dumbbell down to the extended position. Do not turn your palm back in toward your body until you have reached the extended position. Repeat with the left arm, performing the same amount of reps as you alternate each side.

D. Training Tips.

- 1) Keep your elbow at your side as you raise the dumbbell. If you allow your elbow to move up as you raise the dumbbell you will be using your shoulder to move the dumbbell. If you see that your forearm is straight up and down in the top position, your elbow is too far forward.

E. Warning Tips.

- 1) **Do not** arch your back when raising the dumbbell up. Failure to do so can result in serious injury to your back.
- 2) **Do not** lower the dumbbell any faster than **2 to 3** seconds. You must stay in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES,
E/FT, PSCS, PRCS