Bizeps Curl - Standing position - Group: Bizeps Curl

Tags

Type of exercise: Partial body exercise, Strength exercise
Number of persons: One
Muscle Primary: Arm
Muscle Secundary: Abdominis, Chest, Back, Shoulder
Difficulty: Easy
Other: Shoulder height, 1 Sling, Dynamic

Description

1. The arms are bent only in the elbows and guided as close to the shoulders as possible. The body is thereby erected. The elbows are always slightly below the shoulders. 2. The arms are stretched slowly without changing the position of the elbows.

Advice

Bend the elbow to the maximum to cause the greatest possible contraction! Try to maintain the body tension throughout the movement. This exercise can also be performed with one arm.