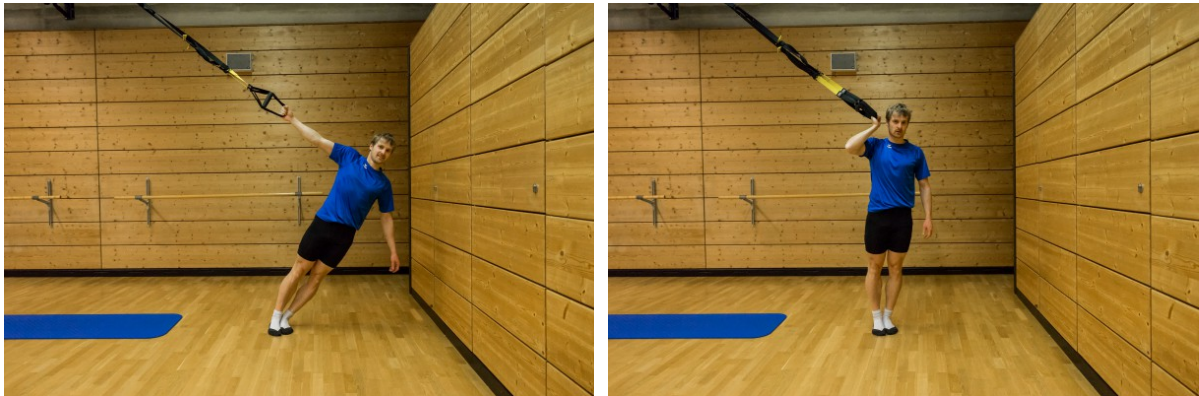


## Biceps Curl - one-armed - laterally - Group: Biceps Curl



### Tags

**Type of exercise:** Partial body exercise

**Number of persons:** One

**Muscle Primary:** Arm, Shoulder

**Muscle Secondary:** Back, Abdominis

**Difficulty:** Difficulty level 1

**Other:** 1 Sling, Shoulder height

### Description

1. The arm is bent only in the elbow and guided as close to the shoulders as possible. The body is lifted up as a result. The elbows are constantly slightly below the shoulders. 2. The arm is 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.