

## Biceps Curl

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## Biceps Curl - Lying position - Group: Biceps Curl



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

**Muscle Primary:** Arm

**Muscle Secondary:** Chest, Shoulder

**Difficulty:** Easy

**Other:** Knee 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.

## Biceps Curl - Standing position - Group: Biceps Curl



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

**Muscle Primary:** Arm

**Muscle Secondary:** Abdominis, Chest, Back, Shoulder

**Difficulty:** Easy

**Other:** Shoulder height, 1 Sling, Dynamic

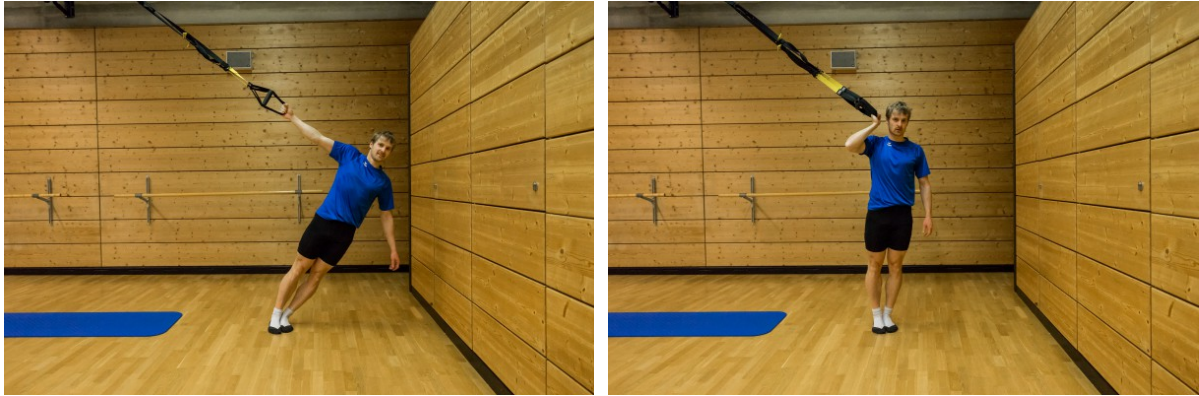
### Description

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.

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



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

**Muscle Primary:** Arm, Shoulder

**Muscle Secondary:** Back, Abdominis

**Difficulty:** Easy

**Other:** 1 Sling, Shoulder height, Dynamic

### 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.