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STANDARD BICEP CURL

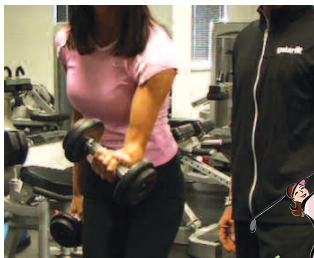


The Set-up

- Feet tight together, slight bend with soft knees
- Grip - thumb wrapped under
- Arm extends out and then curls but not past 90 degrees

Key Points

- Stop at 90 degrees and then rotate wrist slightly for the icing on the cake . it's called supination and it's super!
- First move - let arm drift out slightly before you curl



gstarfit
eternalyouth

