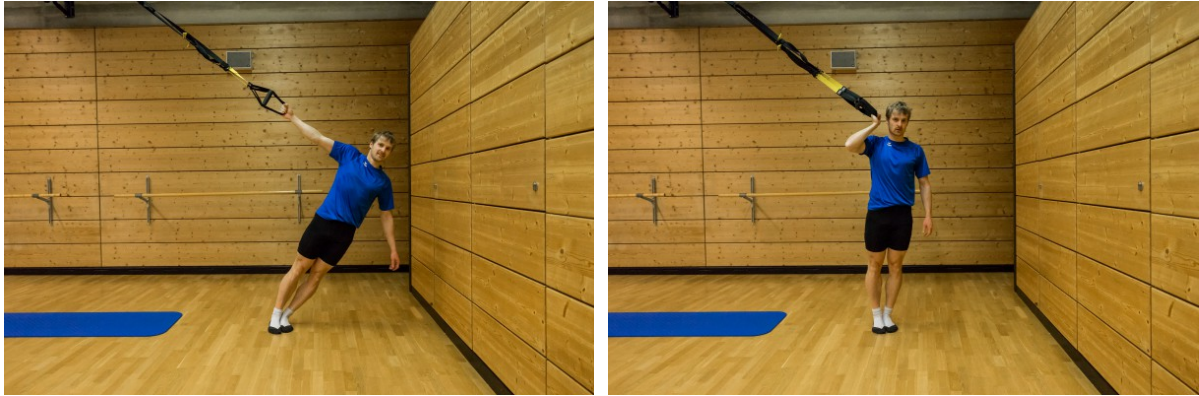


Biceps Curl - one-armed - laterally - Group: Biceps Curl



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.