

# Low-Pulley Straight Bar Curl

*Equipment Needed: Cable Crossover, Low-Pulley, Straight Bar*

## Start at this Position:

- Attach the straight bar to the low pulley.
- Grip the bar with both hands. Palms face up.
- Keep your elbows in front of your body and slightly bent. Do not bend your wrists.
- Stabilize your body, placing one leg in front of the other.
- Stand with your back straight, head aligned with spine, and knees slightly bent.

## Steps to Performing the Exercise:

### 1. Start Position



Exhale as you slowly curl the straight bar up.

### 2. Middle Position



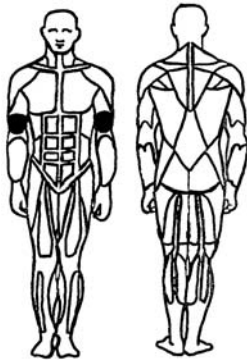
As you curl, concentrate on bending from your elbows only. Move only your lower arms, keeping your elbows and upper arms stationary.

### 3. End Position



Curl until your forearms touches your biceps. Do not bend your wrists. Hold for 1/2 a second, squeezing your biceps.

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### Region: Arms

- Primary Muscle Worked:  
Lower Biceps

### Focus on Your Form:

- Throughout the entire range of motion:
  - Keep your back straight, head aligned with your spine, and knees slightly bent.
  - Do not bend your wrists.
  - Keep your elbow in front of your body and stationary.
  - Move by bending at your elbows only.
- At start position, do not lock out your elbows.
- Use your biceps to perform the exercise, not your back.

#### 4. Return to Middle



Inhale as you slowly return to starting position.

#### 5. Return to Start



Do not lock out your elbows. Repeat the movement for the recommended number of repetitions.