

Standing Reverse Curl

Equipment Needed: Barbell, Easy-Curl Bar, Fixed Barbell

Start at this Position:

- Grip the bar with your hands at shoulder width. Palms face down.
- Stand with your feet shoulder width apart with your knees slightly bent.
- Keep your elbows in front of your body and slightly bent. Do not let the bar rest on your thighs. Do not bend your wrists. *Refer to Figure A.*
- Keep your back straight and your head aligned with your spine.

Steps in Performing the Exercise:

1. Start Position



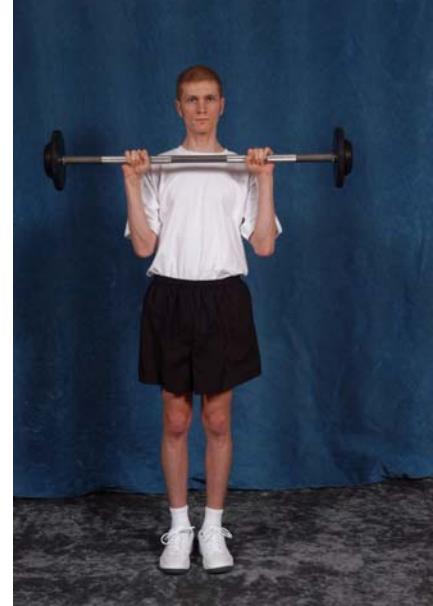
Exhale as you slowly curl the bar up.

2. Middle Position



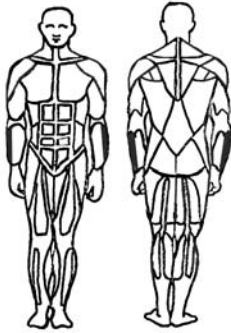
As you curl, concentrate on bending from your elbows only. Keep your elbows and upper arms stationary.

3. End Position



Curl until your forearms touch your biceps, keeping your elbows close to your body. Do not bend your wrists. Hold for 1/2 a second, squeezing your biceps.

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Region: Arms

■ Primary Muscle Worked:
Forearm Top

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight, head aligned with your spine, and knees slightly bent.
 - Keep your hands aligned with your shoulders.
 - Do not bend your wrists.
 - Move by bending at your elbows only.
- At start position, do not lock out your elbows.
- At end position, keep your elbows close to your body.
- Use your arms to perform the exercise, not your back.

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Hold for 1/2 a second. Do not lock out your elbows. Repeat the movement for the recommended number of repetitions.

Figure A

