



Machine Curl

adjust height so shoulders are not forced to elevate
keep shoulders down and back
curl just past 90 degrees

Notes:
S. T.
G.F.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



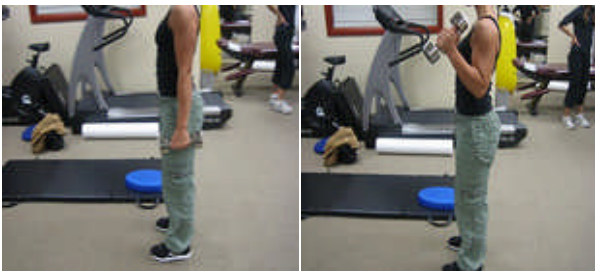
Barbell Curl

With a slightly wider than shoulder width grip, curl the bar
upward by bending the elbow.
Return to starting position under control. Avoid leaning
back and do not swing the bar with momentum.

Notes:
S.T.
A.T.
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Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
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- 15 16 17 18 19 20 21
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- 29 30 31



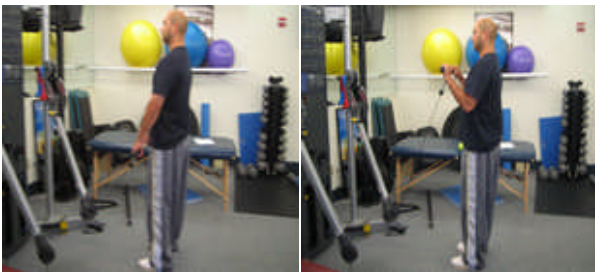
Hammer Curl

Stand holding dumbbells in each hand with palms facing
in. Keeping elbows in against body. Bring weights upward
until a contraction is felt in the bicep. Slowly return to
start.

Notes:
S.T.
A.T.
G.F.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



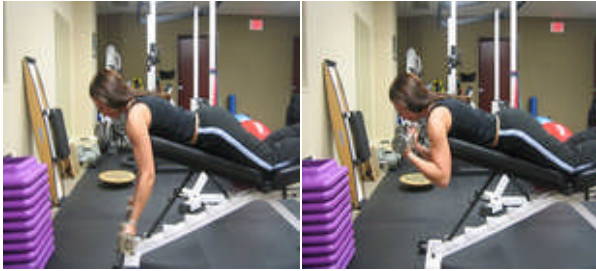
Reverse Cable Curl

Stand feet shoulder width apart
With palms facing into body curl bar into chest

Notes:
S.T.
G.F.
A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Spider Curl

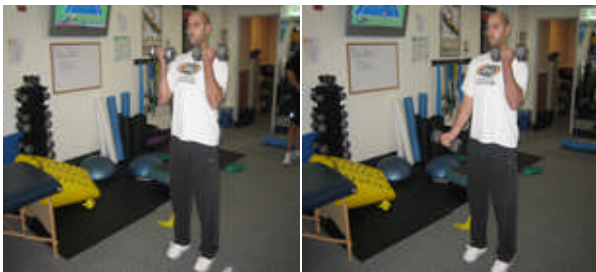
Lay on incline bench holding dumbbells. Curl dumbbells up and return to start position

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- S.T.
- G.F.



Constant Tension Curls

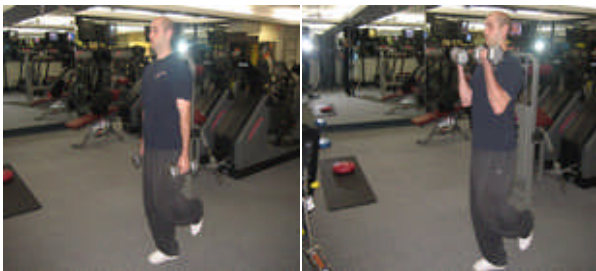
start with weights in both hands at the top of the motion squeezing the bicep slowly lower the weight one hand at a time keeping a 3,0,1 tempo

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

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Notes:

- S.T.
- G.F.
- A.T.



One leg Standing curl

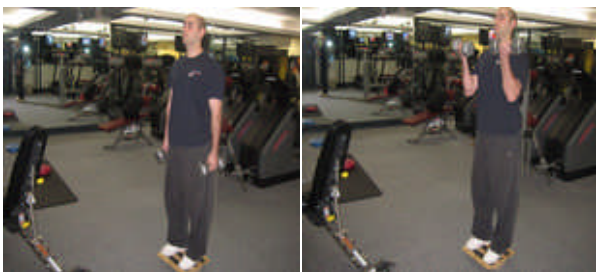
Standing on one leg maintaining a neutral spine and bracing the core perform curl

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- G.F.
- ADL
- A.T.



Balance Board Curl

Standing on the rocker board maintaining a neutral spine and braced core perform a curl

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- A.T.
- ADL
- G.F

