



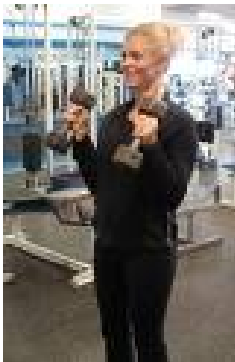
Biceps



1. Bicep Curl To Shoulder: Starting Position: Stand shoulder width apart on the ground or on a bosu ball. Hold dumbbells in your hand so your palms face the ceiling. Ending Position: Bring your right palm to your left shoulder, keeping your elbow right next to your side. Bring your right arm down to your side and switch arms. Start off with 2-3 sets of 12-15 reps.



2. Incline Bicep Curl: Starting Position: Lie on a bench so it is leaning back slightly. Adjust the seat as well. Place dumbbells in each hand and lay onto the bench and with your head relaxed onto the bench. Ending Position: Curl your arm up so your palms face the ceiling. Curl all the way up to your shoulder and return back so there is a slight bend in the elbow. Start off with 2-3 sets of 12-15 reps.



3. Hammer Curl: Starting Position: Stand on ground or on a bosu ball. Grab dumbbells and place your hands so your palms are facing each other. Slightly bend your knees and keep your elbows next to your side. Ending Position: Curl your arms up all the way and then extend your arms back down so they have a slight bend in the elbows. Start off with 2-3 sets of 12-15 reps.

For more information, ask one of your certified personal trainers