

incline dumbbell curl

target muscles: biceps brachii, brachialis, brachioradialis

starting position

1. Sit on an incline bench angled at about 60-degrees.
2. Hold a pair of dumbbells by your sides, palms facing inwards.

TIPS

- Keep your head back against the bench throughout the movement to avoid neck strain.
- Keep your upper arm vertical throughout the movement.

movement

1. Slowly curl one dumbbell towards your shoulder, rotating your forearm so your palm faces your shoulder at the top of the movement.
2. Hold for a count of two; then slowly lower the dumbbell back to the starting position.
3. Repeat with the other arm and continue alternating arms.

