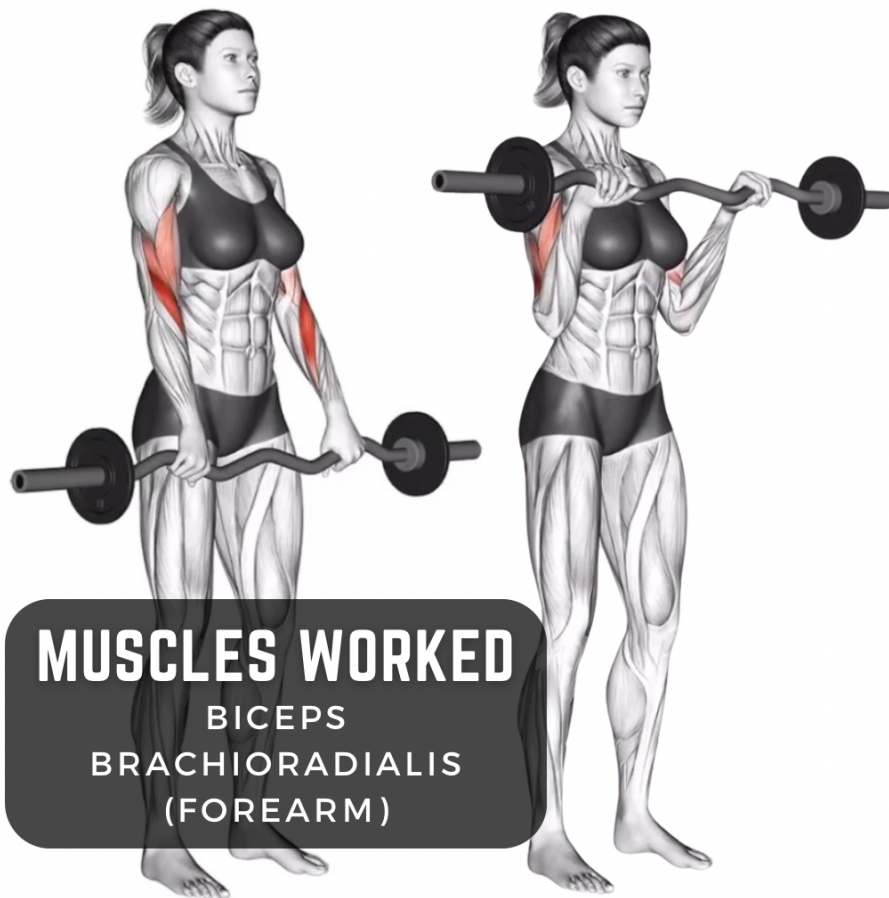


HOW TO PERFORM AN OVERHAND (REVERSE) BARBELL CURL



How To Do

- 1- Grab a barbell with your hands roughly shoulder width apart and your palms facing towards you.
- 2- Assume a sturdy standing position with your back straight.
- 3- Contract your biceps to curl the barbell upwards.
- 4- Squeeze your biceps hard at the top of the rep and slowly return to the starting position.
- 5- Repeat this motion for your desired number of reps.