

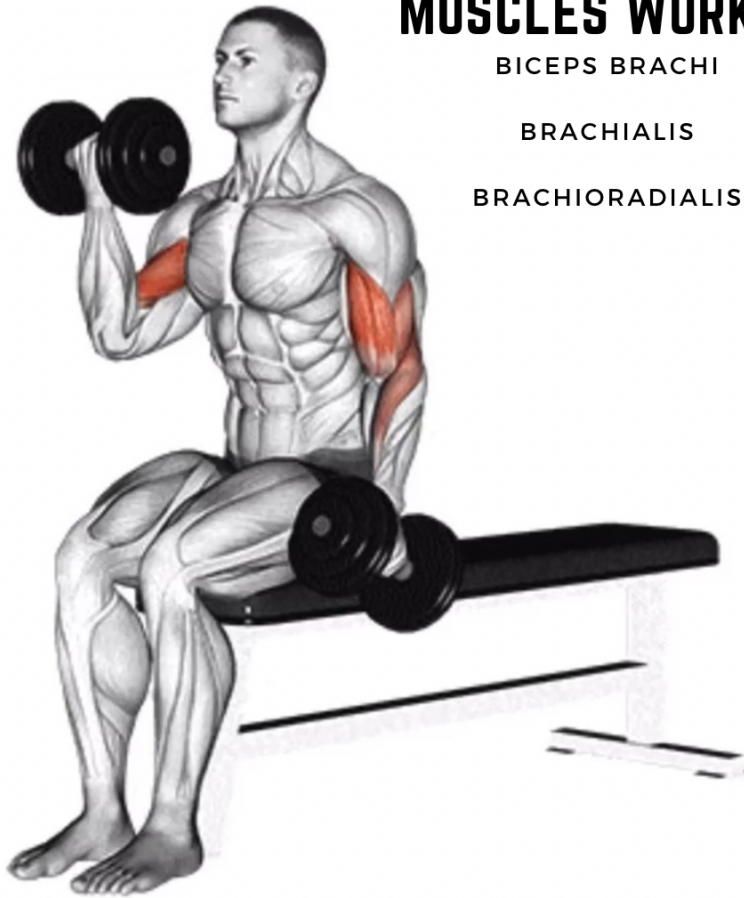
## HOW TO PERFORM A SEATED ALTERNATING BICEP CURL

### MUSCLES WORKED

BICEPS BRACHI

BRACHIALIS

BRACHIORADIALIS



- 1)** Sitting on a bench, hold a pair of dumbbells at your sides with your arms fully extended and your palms facing in front of you.
- 2)** Bending at the elbow, curl one dumbbell toward your shoulder. Pause, then lower the arm to the starting position. Alternate arms.