

DUMBBELL FRENCH CURL



START POSITION – Lie flat on a utility bench with your feet flat on the floor and your head at the edge of the bench. Hold a dumbbell with both hands around the inside of one of the weight plates and extend your arms directly above chest level.

THE MOVEMENT – Bend at the elbow joints and lower the dumbbell under control directly behind your head. The dumbbell should be lowered until the top of the dumbbell is level with your forehead. When the dumbbell is in the bottom position, your elbows should be pointing upward and be positioned above your shoulders (not sticking out to the sides). From the bottom position, raise the dumbbell back to the start while keeping your elbows tucked in and pointing upward. Be sure to fully extend the elbows before starting the next repetition.