



BARBELL CURLS



START POSITION – Stand upright holding a barbell with hands positioned shoulder width apart and arms straight. Bend knees slightly and keep chest up tall.

THE MOVEMENT – Curl the barbell upward to shoulder level. Keep your elbows next to your body and do not allow your elbows to move backward. Keep your core muscles tight and do not swing your body to get the weight up to the top position. Lower the barbell under control back to the start position while keeping your chest up tall and elbows tight to your body. Do not bounce the barbell off of your legs. Reset and perform the next repetition.