

Personal Training by Robert J. Bovee

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SEATED DUMBBELL CONCENTRATION CURL

A. Emphasis. The primary muscles stressed in this movement are the muscles in the front of your upper arm (biceps brachii). The secondary muscles stressed are the muscles in your forearm and the front of your shoulder.

B. Starting Position. With a dumbbell in your right hand, sit on a flat bench, feet flat on the floor. Lean forward with your right arm extended toward the floor and your elbow straight. Rest your right elbow against the inside of your right thigh (just inside your knee).

C. Movement. Raise the dumbbell up at a right angle to your thigh. Raise it as high as possible without moving your elbow. Contract your bicep hard. Take **2 to 3** seconds to lower the dumbbell down to the extended position. Complete all the reps for your right arm before repeating on the left arm.

D. Training Tips.

- 1) Keeping your elbow just inside your knee. The angle of projection causes a peak contraction on the biceps.
- 2) Keeping your elbow resting against your thigh. If you allow your elbow to rise up as you raise the dumbbell, you will be using your shoulder to move the dumbbell, no longer isolating the bicep.

E. Warning Tips.

- 1) **Do not** lower the dumbbell any faster than **2 to 3** seconds. You must stay in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.