

FreeMotion Bicep Exercises

Seated Two Arm Curl

TRADITIONAL



Seated Alternating Arms Curl

PROGRESSIONS



Seated One Arm Curl



Seated Concentration Curl



Standing Two Arm Curl



FreeMotion Bicep Exercises

Standing Alternating Arms Curl



Standing One Arm Curl



Standing Two Arm Hammer Curl



Standing Alternating Arms Hammer Curl



Standing One Arm Hammer Curl



FreeMotion Bicep Exercises

Standing Two Arm Curl Facing Out



Standing Alternating Arms Curl Facing Out



Standing One Arm Curl Facing Out



Standing One Leg On Center Bar Two Arm Hammer Curl



Standing One Leg On Center Bar Alternating Arms Hammer Curl Facing Out

