

# HAVE YOU TRIED THIS YET?

## “Isolating Bicep Curls”

As you may notice, when people are performing strength training exercises they will rock their body or try to heave the weight up. Not only is this bad form, but they're probably placing strain on other muscle groups and not isolating the muscle group the exercise is designed to work. So, this is where we must talk about using the correct form to “isolate” the muscle group and finding exercises that will give us the most potential in doing so. For this article, we will be focusing on the biceps.

To strengthen the bicep muscles you can do a numerous amount of curl exercises. There many variations of angles and hand positioning when doing a curl exercise, but for now we'll be focusing on a standard curl. There a few common mistakes that are made when performing a bicep curl. One occurs while curling the weight up. People often either curl the weight into their shoulder or swing the weight over their shoulder while swinging the elbows up at the same time. When trying to curl too much weight or when “swinging” the weight up, people also tend to arch their back. To correctly perform the exercise, keep the elbows down at your side and stop the weight a few inches away from your shoulder.



The exercise that is displayed in this article will assist you in maintaining the form and will help you isolate the bicep. For this exercise, you will perform it while leaning forward on a inclined bench. Doing this will help prevent rocking at the back by keeping your chest forward. To begin, grab a set a dumbbells and lie across the bench. When getting on the bench you want to keep your chest above the pad. As you're in this position, hang your arms straight down allowing the dumbbells to hang. From here, curl the dumbbells up to where you're not hitting your shoulders. Coming about 5 inches from your shoulder will keep the bicep muscle tense. If you curl the dumbbells up further, the bicep will relax and you will begin to use more momentum as you lower the weight with a relaxed muscle at the top. Besides from stopping short of your shoulder, the main key to this exercise is keeping your elbows down and stationary throughout the curling motion. Keeping your elbow in the same position, will allow the bicep to work through the entire range of motion and will prevent you from rocking the weight up. If you have perfected these two concepts, then you should be working strictly the bicep muscles (apart from other assisting muscles).

Again, it's quite important to focus on form to make sure you are isolating the muscle groups. To find more exercises that isolate certain muscle groups and/or fibers, please speak to our Nimkee Fitness personal trainers.

BY: JADEN HARMAN, FITNESS COORDINATOR