

## Bicep curl form dumbbell

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Dumbbell bicep curl exercises. Proper bicep curl form with dumbbell. How to bicep curl dumbbell. Dumbbell bicep curl alternative. Is dumbbell curls good for biceps.

Think of lifting weights and the image that springs to mind is probably someone curling a dumbbell. That’s in part because it’s such an effective isolation exercise, helping you to bulk up your biceps and bringing a host of other benefits when it comes to nailing other lifts.Sure, biceps look great (although it’s a good idea to pair them with similarly beefed-up triceps), but they’re also key players when it comes to most pulling exercises, so you can expect to see improvements in other lifts by adding this movement to your training schedule.Your grip strength should also benefit from regularly performing biceps curls, too, which will help you when it comes to tricky compound exercises like the pull-up, deadlift and bent-over row where your grip might be the first thing to go.Last but not least, after nailing some biceps curls you’ll find yourself in possession of some mean-looking upper arms.How To Do The Biceps Curl(Image credit: unknown)There are biceps curl variations aplenty, but we think the best place to start is the standing dumbbell biceps curl. Remember, you want your biceps to be doing the work – it sounds obvious, but it’s all too easy to enlist other body parts to help shift the weight if you’re not strict with your form.Stand with your feet shoulder-width apart and a slight bend in your knees, holding a dumbbell in each hand by your thighs, palms facing away from you. Keep your elbows tight to your sides throughout, your chest and head up, and back straight. Maintaining this posture will ensure you’re using your biceps and only your biceps to curl the weights.Bend at the elbows to initiate the lift, slowly bringing the dumbbells to your shoulders over a count of three seconds. Give your biceps a slight squeeze at the top of the move to promote muscle growth. Lower slowly under control, and squeeze your triceps slightly once you get to the bottom to ensure you’ve gone through a full range of movement.Picking The Right WeightA lot of people in the gym want to look like their biceps can move mountains. That’s great, unless you pick a weight that’s so heavy it results in bad form, which isn’t going to help muscle development in the long run. As the biceps curl is an isolation movement, it’s vital to pick a weight that doesn’t force you to bring other muscles into the move. For instance, if the struggle to get the weights to the top is too great, more often than not people start to swing their back to get a helping hand from momentum. Do not do this. It should be all biceps.Select a weight that allows you to complete three sets of ten to 12 reps with good form, with the third set feeling difficult.Biceps Curls VariationsThe dumbbell biceps curl will take you far but once you’ve mastered it, adding the tweaks below to your repertoire will only enhance the benefits.Seated dumbbell curl(Image credit: unknown)If you find you’re having trouble keeping your back straight, using a bench set at a high incline will help by providing support for your back.Barbell curl(Image credit: unknown)The benefit of using a barbell is that you can load up more weight. The downside is that it’s all too easy to load up too much weight and your form will start to suffer. If you notice that you’re starting to enlist your back or anything else to aid the movement, dial it back down to something more manageable.EZ-bar curl(Image credit: unknown)According to a study in the Journal Of Life And Environmental Sciences, using an EZ-bar is the best means of activating your biceps. The wavy handle is designed to put your wrists in a more natural position. This means you can add more weight with less chance of jeopardising form than when you use a barbell.Cable curl(Image credit: unknown)Using a cable machine rather than free weights for your curls means that the muscles are placed under continuous tension throughout the exercise. You can use a variety of attachments, including an EZ-bar or rope, but the standard move uses a straight bar handle, which should be attached at the bottom of the cable machine. Stand facing the machine, grab the handle in both hands and curl it up to your shoulders. Pause for a moment, then lower the handle under control, being sure to resist the pull of the machine as you do.Concentration curl(Image credit: unknown)The key to getting the most out of this one-armed curl variation is to focus closely on your form and tempo. Do that and you’ll find that it helps you build muscle as fast as or faster than any other curl. You can do the concentration curl standing, but it’s most commonly done sitting on a bench.Holding your dumbbell with your palms facing out, bend forwards so the elbow of the arm holding the weight is by your knee, with your other arm placed on the other knee to help stabilise yourself. Curl the dumbbell up to your shoulder slowly, pause at the top, then lower it under control. As a unilateral move, the concentration curl will also help you identify and work on any imbalances in the strength of your arms.Hammer curl(Image credit: unknown)The hammer curl is a fine addition to your arsenal of moves because it also works the brachialis, a muscle just to the side of your biceps. Training your brachialis will help your overall lifting, and will also add that finishing touch to the look of your arms.The only difference with the biceps curl is that you keep your palms facing throughout the move. Simple but effective.Preacher curl(Image credit: unknown)If you’ve ever wondered what the isolated version of an isolation lift looks like, it looks like the preacher curl. You’ll need a preacher bench to do this exercise, but you can use either dumbbells, a barbell or an EZ-bar.Rest your upper arms over the preacher bench with your palms facing upwards. Slowly lift until your forearms are vertical, then lower again for a three-second count.Reverse curl(Image credit: unknown)People love to perform curls with their palms facing them, or even with their palms facing each other for the popular hammer curl, but when was the last time you spied someone curling in the weights room with their palms facing away from them? This reverse variation of the classic curl is well worth adding to your arsenal, because it not only works the biceps from a slightly different angle but also increases your forearm and grip strength. Given that your grip can be a limiting factor in all sorts of exercises, from deadlifts to pull-ups, it’s something that’s well worth improving.Zottman curl(Image credit: unknown)This variation is a real test of your grip strength. Start with your palms facing towards one another. Rotate your palms to face towards you as you curl to your shoulders, making sure your elbows remain pinned to your sides. At the top of the curl, rotate your hands so that your palms are now facing away from you – this is where it gets fun. Lower slowly, over a count of between three and five seconds. Once you get closer to your starting position, turn the palms to face one another again.Spider curl(Image credit: unknown)If you’ve ever performed a set of preacher curls, only to approach the bench from the wrong side, then you’ve done the spider curl. For this variation you lie chest-down on the slanted part of the bench, where your arms normally go, and curl the bar on the other side. Why would you do this, we hear you ask? Well, the position used in the spider curl increases the range of motion of the exercise over a standard preacher curl, allowing you to work the full length of the biceps. Working out any muscle is a good thing, but there are clearly some parts of the body where extra focus brings with it certain benefits. It’s never going to hurt to have huge upper arms when out on the town, and sometimes all you want to do after a workout is gaze in the mirror and tense something impressive – hey, we all do it. For that purpose, you can’t go wrong with biceps curls, but it’s not all about glamour. Working your arms with curls and other variations can improve your grip strength, which can make all the difference when you’re trying to push through those last few pull-ups and other pulling exercises.Grab a pair of dumbbells. Don’t opt for weights you can barely lift – you’re looking to complete whatever set and rep range your training demands (ten to 12 reps is common if you’re aiming for growing bigger muscles) so that the final few reps present a challenge to complete. Obviously this takes some experimenting to get right, so when you’re starting out it’s worth making a mental note after every session of whether or not your choice of weight worked.Hold the dumbbells at your sides with your palms facing forwards. Bend at the elbow to curl the weights up to your chest. Don’t lean back and don’t swing the dumbbells as you’re using momentum to lift rather than your muscles. Correct that by fixing your elbows to your sides and keeping your upper arms still throughout the rep. Shoot for three sets.You can opt to curl both dumbbells at the same time or alternate them, but either way it’s vital to lower the weight back to the start point after each rep in order to stretch the muscle properly and work all the muscle fibres.Dumbbell Biceps Curl WorkoutFollow this quick workout to build strength in your arms: complete a set of five reps with a heavy weight, making sure that you lower the weight or weights under control. Reduce the weights as you increase the reps with minimal rest. Go from five reps to eight to 12, then work to failure.(Image credit: unknown)Drop the weightNot literally, at the end of the set, but at the beginning – by decreasing the load you lift.Why it works: “So many people think that growing bigger biceps means using bigger dumbbells, but that’s not the case,” says former Royal Marines PTI Sean Lerwill. “Reducing the weight and performing slow and controlled reps will build muscle faster because it makes your biceps do all the work so you can’t cheat using momentum.”Fix your elbows Fix your elbows “Your elbows need to be locked into the right position, close to your sides, so they don’t move when you lift then lower the weight,” says Lerwill.Why it works: If your elbows move during a rep, you’re taking tension off your biceps. “You can also make the move even more effective by keeping your elbows behind your body. This will prevent any cheat reps and keep the biceps engaged,” Lerwill adds.Rotate your wristsOne of the main roles of the biceps muscles is to externally rotate your wrists, so use this to your advantage during dumbbell curls.Why it works: “Start with your palms facing each other. Then, as you lift each dumbbell, start to rotate your wrists so you finish in the top position with your palms facing the fronts of your shoulders,” says Lerwill. “Reverse the movement as you lower to activate more muscle fibres.”Squeeze at the topOne of the best ways to add muscle size is to get a good pump, and squeezing your biceps at the top of a curl will achieve this.Why it works: “Getting a pump looks and feels great, but science suggests it’s also an important factor in initiating a muscular growth response,” says Lerwill. “Pausing to squeeze your biceps at the top of each rep reinforces your mind-muscle connection, and pumps more blood into the tissue.”Take your timeIf building bigger biceps is a race, think of it as more of a marathon than a sprint.Why it works: “Rushing your reps is one of the biggest gym sins because you won’t work the muscles anywhere near hard enough, so you’re ultimately wasting your time,” says Lerwill. “Keeping to a strict tempo of curling the weight up powerfully and lowering it slowly makes a huge difference to unlocking growth potential.”Tense your tricepsFully straightening your arm at the bottom of each curl rep ensures you move through the fullest range of motion.Why it works: “When you tense your triceps to fully straighten your arm before you start another curl, it makes your biceps muscles move through a full range and work harder,” says Lerwill. “It also acts to refocus your mind ahead of every rep, and greater focus means greater results.” Biceps Curls VariationsBiceps Curls VariationsIf you find you can’t stop yourself using a little thrusting momentum to generate extra momentum when you’re struggling towards the end of a set, try sitting down. Placing your back against the pad locks your hips into place, putting all the emphasis on your biceps.With the backrest set to 90°, sit with your back flat against the pad and your feet flat on the floor. Start with your palms facing forwards and elbows tucked in to your sides, head up and core muscles tight. Curl the dumbbells towards your shoulders, pause, then lower slowly under control.Incline dumbbell curl(Image credit: Unknown)By lying back on an incline bench, you maintain the resistance on your biceps throughout the full range of the curl. Set the bench at 30-45°.Gym ball dumbbell curlSitting on a gym ball requires you to hold your core muscles tight to prevent wobble, thus demanding perfect posture. Pick a ball size that lets you sit with knees bent at 90°. Sit upright and hold your core tight. Naturally, start with a lighter dumbbell than usual while you get used to the additional challenge.Reverse curls(Image credit: unknown)Switch your grip on the weights so your palms are facing behind you at the start of the curl. Make sure you use lighter weights than with the standard biceps curl, because this is a tricky variation that will test your grip and forearm strength to the max. The benefit of building greater grip and forearm strength will become obvious when you tackle pretty much any other lift, so the reverse curl is well worth adding to your workout schedule.Hammer curl(Image credit: unknown)This variation targets the brachialis muscle, which is found on the outside of your upper arms next to the biceps. It’s an oft-neglected part of the body and if you’re hitting the gym with the specific aim of building massive upper arms, you’re going to want to target your brachialis muscles. You can do this with the hammer curl, which largely employs the same form as the biceps curl with the key difference being that you hold the dumbbells with your palms facing each other throughout the movement.Barbell bicep curls(Image credit: unknown)While the dumbbell biceps curl is great for working each arm in isolation, when you really want to increase the weight you’re lifting it’s best to use a barbell. Don’t lean back during the exercise to help lift the bar – if you feel you need to, you’ve probably been overambitious with the weight you’ve chosen. Try lifting with your back flat against a wall to learn how to avoid this.Additional reporting by Scott Blake (@Scott\_Blakey (opens in new tab))

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