

Concentration Curl



- Sit on a bench or other surface and hold a dumbbell or other weight in one hand
- Brace the elbow of the arm that is holding the weight against your inner thigh
- Tighten your abdominal muscles, and hold them tight throughout the exercise
- Leaning slightly forward, and keeping your elbow against your thigh, bend your arm as far as you can
- Lower the weigh to the start position slowly and complete your set. Repeat on the other side
- Don't forget to breathe! It helps to breathe out when you are lifting the weight, and breathe in when you are lowering the weight

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
