
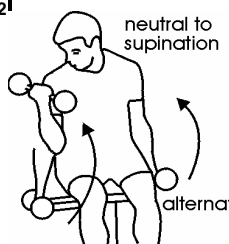

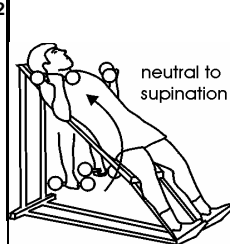


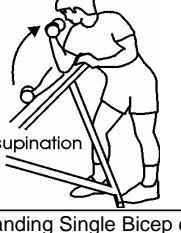
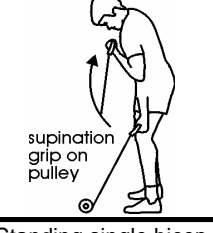


Name: _____ Program: _____ Consultant: _____

<p>A1 neutral to supination alternate</p> 	<p>A2 neutral to supination alternate</p> 	<p>B1 supination EZ-bar</p> 	<p>B2 neutral to supination</p> 
<p>DB bicep curl (Elbow Flexion) 2. Implement 4 PTS of posture 3. Wrist should be in neutral position at the starting phase. 4. During the concentric phase, student should maintain a firm wrist that does not begin to extend down. Once the DB gets past the thigh area, supination may begin. 5. Contract biceps as you bring DB up, hold for isometric contraction at top.</p>	<p>1. example text..... 2. example text.....</p>	<p>Standing bicep curl w/ EZ bar. (preferable straight bar due to carrying angle) 1. example text.....</p>	<p>Incline DB curl. 1. example text.....</p>
<p>C1</p> 	<p>C2 supination on pulley</p> 	<p>D1 supination</p> 	<p>D2 supination grip on pulley</p> 
<p>Seated bicep curl- 1. Raise seat to a position where you align elbow w/ machine axis. 2. example text.....</p>	<p>Standing bicep curl w/ pulley. 1. Use a straight bar that is wide enough to accommodate wider shoulders. 2. example text..... 3. example text.....</p>	<p>Standing Single Bicep curl on preacher bench. 1. Align back properly before performing movement. 2. example text..... 3. example text.....</p>	<p>Standing single bicep curl- 1. Note: the position of the above figure is not in proper alignment at all. 2. example text.....</p>

1. Bicep (Elbow Flexion) Exercises-most of time you will see people performing exercise movements without considering there body alignment and Posture. example text.....
 2. With Elbow flexion exercises, you will want to get your students into a starting position that enhances and corrects there alignment to perform the exercise movement successfully. example text.....
 3. In Bicep Curl exercises, the shoulder and elbow should be in an almost fixed position throughout the movement. example text.....
FINAL NOTE: THE DRAWINGS IN THE PICTURE ARE NOT IN CORRECT POSTURAL POSITION FOR PERFORMING THE MOVEMENTS SHOWN.