

# "Fit Tips"

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## Concentration Curls

Most of you already know how to perform a classic biceps curl standing or seated, bilaterally with dumbbells. However, because the biceps muscle group is more interesting and complicated than just moving the forearm toward the shoulder joint 150 degrees, we need to address the muscle group in different ways. Try this derivation on the biceps curl theme and begin to experience more definition (i.e. cut) and comprehensive biceps strength.

**-Concentration Curl (preacher curl)** – seated with the legs more than shoulder distance apart on a bench that will enable you to comfortably hinge from the hip joint and place the right elbow joint inside the right thigh with the arm extended fully and the torso long/strong and extended, holding one dumbbell that will enable you to reach momentary muscle failure in 12 repetitions, engage the biceps (i.e. upper arm/anterior) and curl the forearm toward the chest. This position actually creates more of a cross-over aspect rather than a pure curl to the shoulder joint and requires more forearm engagement as well. Remember to control the action concentrically and eccentrically, never “releasing” the muscular engagement, particularly on the down phase. Perform on right side and then the left. Perform three sets of 12 repetitions, two/three non-consecutive days of the week.

**Bonus Tip:** If you begin to reach failure, rather than stopping, use your opposite hand to assist in the curl by placing the hand under the right forearm providing “help” to the curling arm. If this does not resolve the failure adequately, then either take a break or pick up a lighter dumbbell to complete the set. Over time, you may be able to finish the set without assistance as the muscular strength increases.

