

Bicep Curl with Overhead Press



Description: Begin with dumbbells in hand and arms at side. Complete a bicep curl by raising the dumbbell to shoulder height. Then, rotate your palms to face forward and extend arms above head to complete press. Briefly pause at the top range of motion then release in the same sequential order to return to starting position.

****Tip:** Maintain a neutral spine to keep from cheating the muscles you are trying to work

Sets/reps: 10-12 reps for 3 sets.

Modifications: instead of an overhead press, follow bicep curl with a lateral raise, extending arms out by sides in a T-position with palms facing the floor.

Common Mistakes: arching low and mid back to push weight over head

Target Muscles: Biceps, deltoids.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.