

## TRX Bicep Curl



**Description:** Hang TRX from a rack or other stable object. Grasp handles and position yourself facing the TRX. Body should be in a straight line from heels to crown of head with arms fully extended and hands facing one another. This is the starting position. Begin the bicep curl by bending at the elbows and rotating, so palms (closed) are aimed towards the face. Return to starting position by reversing the movement. Repeat.

**\*\*Tip:** Engage the core to maintain alignment. Keep elbows in at sides, so they do not flare outwards.

**Sets/reps:** 12-15 per side; 2-3 sets

**Modifications:** the greater the incline (larger the angle between body and floor) the easier the exercise

**Common Mistakes:** arching, or rounding back. Flaring the elbows.

**Target Muscles:** biceps, shoulders core muscles

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

