

**Skill**

**The Bicep Curl**

**Visual Description:** Arms are hanging down to hips while holding a barbell with an underhand grip approximately shoulder width. The upper arms remain stationary while the elbow bends bringing the lower arm and barbell up to chest height. Descend the barbell back toward starting position under control. \*\*Dumbbells can be used in place of barbell.

**Movement Sequence:**

1. Stand tall with feet shoulder width apart
2. Hold barbell with underhand grip, hands about shoulder width
3. Keep upper body and upper arms stationary
4. Bend at elbow and curl lower arm up toward chest
5. Keep elbows in place like a door hinge
6. Lift barbell up until it is approximately chest height
7. Squeeze biceps at the top for peak contraction
8. Lower barbell back down to starting position under control

**Verbal Cues:**

- Stance
- Grip\*
- Body still
- Curl\*
- Hinge
- Chest Height
- Squeeze\*
- Control Down\*

**Task Complexity Variables:**

**Skill:** Discrete - Serial

**Learner:** Beginner - Intermediate

**Environment:** Closed

Student	Grip	Curl	Squeeze	Control Down