

Biceps (toning bar)

Toning bar bicep curl



Exercise Description:

Toning bar bicep curl

Classification:

Biceps (toning bar)

Instructions:

1. Start by standing in a shoulder width stance and holding a toning bar at your waist with an underhand grip.
2. Proceed to curl the bar up towards your shoulders.
3. Keep your elbows at your side and do not bring them forward as you curl.
4. The bar should not rise above your shoulders.