Exercise technique

Supported low-front band curl

Training adaptation / 8-12 controlled repetitions



START / elbow softly open **FINISH / controlled low-anchor curl**

GRIP / Underhand / palms-up grip

SETUP / Low front anchor; free palm on a stable support; palm-up grip.

MOVE / Curl upward away from the low anchor; keep the upper arm steady.

RETURN / Lower slowly without bending the wrist or locking the elbow.

MAIN / RED
Biceps brachii, brachialis and brachioradialis flex the working elbow.

SECONDARY / BLUE
Forearm muscles maintain grip; shoulder muscles control the upper arm. The free arm supports the torso.

SUPPORT / GREEN
Abdominal, spinal and hip stabilizers control the incline. Both feet and the support hand form the base.

RESISTANCE BANDS