

Muscle Strengthening at the Gym (Bicep Machine)

(Dave Patania)

The bicep curl works the muscles on the front of the upper arm.

Sit facing the chest pad and adjust your seat height so that your elbows are in line with the machine's axis. Rest against the chest pad for support, with your arms draped over it.

Grasp the machine handles with your palms facing up and slowly pull the handles towards your upper arms in a smooth controlled motion.

Exhale as you lift the weight and inhale as you lower to your starting position.

Be consistent with this activity and you'll slowly but surely build yourself a strong upper body.

While the gym equipment is great, you can get results by working your biceps with a good old-fashioned dumbbell.