SIGNATURE SERIES BICEPS CURL (FZBC)

**Muscles Exercised** – Biceps

**Setup**
Adjust the seat height so elbows are slightly off arm pads and aligned with axis of rotation. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the handles keeping the elbows slightly bent.

**Performing the Exercise**
Grip the handles with palms up. Arms should be straight. Curl the handles up toward your upper arm, while keeping your elbows on the pad and aligned with the pivot point. Hold the handle briefly at the top of the exercise and slowly return the bar to the start position.