



Schrägbank Kurzhantel Curl

Nährstoffe

EXERCISE.DIFFICULTY	beginner
EXERCISE.KCAL_HOUR	0 kcal/h
EXERCISE.MUSCLES	Bizeps
EXERCISE.EQUIPMENT	Kurzhantel

Rezept Zubereitungsschritte

- 1 Sit back on an incline bench with a dumbbell in each hand held at arms length. Keep your elbows close to your torso and rotate the palms of your hands until they are facing forward. This will be your starting position.
- 2 While holding the upper arm stationary, curl the weights forward while contracting the biceps as you breathe out. Only the forearms should move. Continue the movement until your biceps are fully contracted and the dumbbells are at shoulder level. Hold the contracted position for a second.
- 3 Slowly begin to bring the dumbbells back to starting position as your breathe in.



4

Repeat for the recommended amount of repetitions.

Die in diesem Dokument enthaltenen Informationen dienen nur zu Bildungszwecken und ersetzen keine medizinische Beratung.

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Deutschland
Umsatzsteuer-ID:
DE453108867

Kontakt:
E-Mail:
support@dietspremium.com
Tel.: 0 1520 744 5675

Web:
dietspremium.com

Bankverbindung
Bank: Deutsche Bank
IBAN: DE26 7207 0024 0064 1910 00
SWIFT (BIC): DEUTDEDB720