

Lying Dumbbell Curls

By

Alan Palmieri

Why does it seem like some of the best movements get lost in the shuffle? There are several that come to my mind and I'm sure most of you veteran bodybuilders can sit back and think of several too. Today was arm day and I started thinking of what movements I would do, I wanted to do something I hadn't done in a long time. Out of the blue it hit me... lying dumbbell curls for biceps.

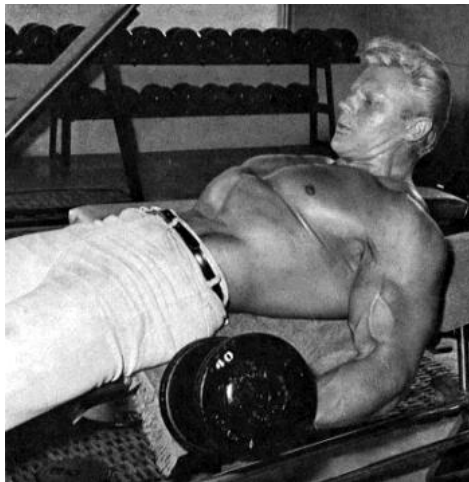
Lying dumbbell curls sounded great and earlier this morning I did 'em and that was the only movement I did for my biceps today, 6 sets of 8 reps. I did triceps also, close grip bench press's and triceps press downs but biceps only had the one movement, and from the pump I got and still have that was enough.

It's been a long time since I last relished in the pleasure and pain of this great movement. Like the incline dumbbell curl, the lying dumbbell curl is a double effect movement. It adds size and shape at the same time. I don't know of another movement that provides me with the stretch and contraction this movement does. I get a burn, way down deep in the biceps every time I do them. The stretch is incredible and the contraction is as tight as I can possibly get.

As with all exercises there are little "tricks" that can make the movement more productive. That being one end of the spectrum, the other end is you can also perform the movement improperly which results in diminished results and increases the risk of injury.

To avoid injury don't try to use more weight than you can handle and do not, under any circumstances, cheat. As for the productive little "tricks" – keep your feet on the end of the bench, not the floor. Although sometimes keeping the feet on the floor will add a little variation. Raise your head slightly off the bench and do not let the bells touch the floor. Feel the stretch at the bottom of the movement and at the top, contract your biceps for a slow count of three.

This movement can be performed on an incline by simply adding a block of wood under one end of a flat bench, once again for variation. Slight changes in angle, hand spacing, body position, etc. will increase the intensity and effect this movement has on the biceps. It's really a fun movement because you can feel it immediately.



The picture above is of Dave Draper performing a lying dumbbell curl with his lower body completely off the end of a bench. Notice the head position and that of the upper arms.



Here Dave is performing lying incline dumbbell curls. In this picture his feet are off the floor resting on the end of the bench. Notice one end of the bench is resting on a wooden box so the movement is performed at a inclined position.

It's a great movement, fun to do, and a real result producer. Next biceps workout - give them a try.

** Pictures are of Dave Draper. Original photographer is not known. Thanks to William Peel, "Wicked Willie", for locating and providing the pictures for this article.*

www.PalmieriBodybuilding.com

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