Cable Crossover Bicep Curl

Biceps

Attach a flat bar to the carabineer on the low pulley. Use an underhand grip on the barbell. Stand with your feet hip distance apart. Bend your knees slightly and tuck your tailbone under to minimize the curve of your lower back.

Draw your shoulder blades down and back to stabilize your shoulder blades. Fix your elbows by your sides. Exhale and lift the bar upward. Inhale and lower the bar back to the original position. Do not rock backward during the exercise.