

Seated Barbell Curls

by

Alan Palmieri

Not many people I know have ever used the Seated Barbell Curl, at least in recent times. Almost left unknown and totally neglected it remains a wonderful movement and can be used to add size and shape to the biceps. The uniqueness of the movement can be used by intermediate to advanced trainees with great results. The Seated Barbell Curl is an uncomplicated movement and one that requires more finesse than sheer power.

Begin by sitting at the end of a bench. Resting a barbell on your thighs take an underhand grip and curl the bar up keeping your elbows and upper arms against your sides, just as you would while performing a regular Standing Barbell Curl. In the top position squeeze the biceps for a count of three, allow the bar to slowly descend. Let the bar just barely touch your thighs, do not let it rest on them and curl the bar back up.



Start



Finish

Not much to it but it's a wonderful movement. I especially like to use them after four or five sets of 35 Degree Incline Dumbbell Curls. For my 35 Degree Incline Dumbbell Curls, I'll keep the entire upper back against the bench and arms well back; do not let the upper arms travel forward as you curl the weight up.



Start



Finish

I prefer to use a straight bar while performing the seated curl, however I sometimes alternate between straight and an EZ curl bar. I also like to perform three burns at the end of each set. Burns are quarter movements done in rapid succession. In this case on the last rep with the bar up and biceps contracted I will lower the bar about a quarter of the way down and return it back for three rapid reps. It really pumps the biceps.

Another way to get a little extra out of the Seated Barbell Curl is to perform 21's. This will really get the biceps pumped. Start with the bar resting on the thighs. Curl it half way up for 7 reps. Then from the half way point to the finished contracted position for 7 reps. Finish off with 7 reps of the full Seated Barbell Curl movement to complete your 21's. Oh, ouch, man alive I feel it and all I'm doing is writing about it.

Good Luck!

www.PalmieriBodybuilding.com

Exercises demonstrated by Bart Miller. Photographer Robert Miller

© 2006 Alan Palmieri