

# Training Time With John & Kristen

Stanly County Family YMCA *Helping People Grow In Spirit, Mind And Body*



NITRO PLUS  
BICEPS CURL



1. Adjust seat height until triceps are parallel with restraint pad.
2. Adjust back support to sit with elbows inline with movement arms axis of rotation



3. Curl movement bar upward as far as possible
4. Pause in position of full muscle contraction, return slowly to starting position and repeat.

