

Dumbbell Concentration Curl

Seated one-arm dumbbell curl with upper arm supported by the inner thigh

Key positions



1. Lower position: support the upper arm



2. Curl while maintaining upper-arm support

Muscles worked

Main muscles

- Biceps brachii bends the elbow to raise the dumbbell.

Supporting muscles

- Brachialis and brachioradialis assist elbow flexion.
- Forearm, hand and trunk muscles help maintain grip and posture.

What makes it useful

A one-arm curl with the upper arm supported against the inner thigh. Limit shoulder and torso movement, practice each arm individually, and prioritize control over load.

Movement & technique

Dumbbell Concentration Curl | Support the upper arm against the thigh. Curl smoothly and lower slowly.

Before you start

Use a stable bench and a dumbbell you can control. Leave clear space between your feet so the weight can move without hitting the floor.

1 Establish seated support

Sit securely with feet apart and flat. Lean forward naturally from the hips, keeping the torso steady. Rest your free palm on the opposite thigh for support.

2 Brace the upper arm

Hold the dumbbell with a closed underhand grip. Brace the back of your upper arm against the same inner thigh, just above the elbow, and lower comfortably.

3 Curl through the elbow

Exhale and bend the elbow to curl toward the shoulder. Keep the upper arm supported and wrist aligned, without swinging the shoulder, torso or weight.

4 Lower with control and change sides

Inhale and lower slowly toward a nearly straight elbow, without forcing extension or touching the floor. Repeat with control, set the dumbbell down safely, then change arms.

Form reminders

- Keep the back of the upper arm against the inner thigh; avoid pressing the elbow tip into the kneecap.
- Wrap the thumb around the handle and keep the wrist approximately aligned with the forearm.
- Keep feet and pelvis stable; avoid lifting through shoulder or torso swings.
- Control both directions; avoid snapping the elbow straight or dropping the weight.

Finish safely

- Stop for elbow, wrist, shoulder or back pain. Reduce weight or range and seek coaching if grip or support breaks down.
- Use a stable bench and keep the dumbbell clear of feet and floor. Avoid assisted repetitions or bouncing into elbow hyperextension.

References

1. ACE - Concentration Curl / Build Your Biceps Workout (www.acefitness.org)
2. ACE - Biceps EMG Study (2014) (www.acefitness.org)
3. NASM - General Elbow-flexor Roles (www.nasm.org)
4. ScottHermanFitness - Concentration Curl (movement reference) (www.youtube.com)