

Seated Dumbbell Curl

Back-supported bilateral curl with a supinated grip

Key positions



1. Supported start with arms lowered



2. Curl with the upper arms near the sides

Muscles worked

Main muscles

- Biceps brachii flexes the elbows to lift the dumbbells.

Supporting muscles

- Brachialis and brachioradialis assist elbow flexion.
- Forearm muscles support the grip and wrist position.

What makes it useful

Train the elbow flexors with the back supported. Keep the upper arms near the sides and control both the lift and the lowering without rocking the torso.

Movement & technique

Seated Dumbbell Curl | Keep the back and feet steady; curl up and lower slowly.

Before you start

Use a stable bench with a backrest and two manageable dumbbells. Leave room for the arms and weights to move beside the seat and legs.

1 Sit with a steady base

Sit with your back comfortably supported and both feet on the floor. Brace gently, align the neck and spine, and relax the shoulders without arching the lower back.

2 Set the palms-forward grip

Wrap each hand and thumb around a handle. Let the arms hang by your sides with palms forward and wrists aligned with the forearms. Leave a comfortable gap beside the legs.

3 Curl both dumbbells upward

Exhale and bend both elbows smoothly. Keep the upper arms near your sides rather than lifting them forward. Stop where you can maintain the supported posture and steady feet.

4 Lower slowly to the start

Inhale and slowly extend the elbows to lower the weights. Return to the comfortable hanging start without forcing the elbows straight or bouncing at the bottom.

Form reminders

- Keep the upper arms near the sides; avoid shrugging or rocking to lift the weights.
- Maintain the grip and palm orientation without bending the wrists backward or forward.
- Keep the back and feet steady and control both directions of the movement.

Finish safely

- After the last repetition, lower the weights and put them down safely from a steady position. Avoid dropping them or standing abruptly while holding them.
- Stop for pain in the elbows, wrists or shoulders. Reduce the load or range if the body rocks or the lowering cannot be controlled.

References

1. Seated curl: [selected video reference](https://www.youtube.com) (www.youtube.com)
2. ACE: Seated Biceps Curl (www.acefitness.org)
3. NASM: Barbell Bicep Curl ([muscle-role reference](#)) (www.nasm.org)