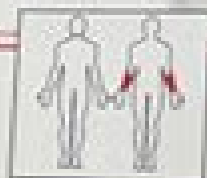


SEATED REVERSE BARBELL WRIST CURL



Muscles Involved

MAIN MUSCLES: anterior supinator**SECONDARY MUSCLES:** anterior wrist radii (long and deep), anterior wrist radii (long), anterior wrist radii (deep)**ANTAGONISTS:** flexor carpi ulnaris, flexor carpi radialis, palmaris longus, flexor digiti

Muscles Used

anterior supinator, anterior wrist radii (long and deep), anterior wrist radii (long), anterior wrist radii (deep)

Technique

This is the same as the barbell exercise, but your hands work independently. Keep the barbell in an overhead grip (palms down). If you like, you can grip with hands.

Some people find it more comfortable to maintain a balanced and perform using only one hand in the seated barbell curl or the reversed curl.



Execution



Get on a bench in the same position as for the Barbell Curl, with your forearms resting on your thighs. Hold the barbell in an overhead grip (palms down) at the end of your arms and your hands free. Hold the barbell in an overhead grip (palms down) and extend your wrist upward (flexion) in a maximum of 20°-30°. Lower the barbell back to the starting position in a controlled movement. You can also do this, seated, kneeling with your forearms resting across the width of a bench and your hands free. Breathe naturally.

Comments

As mentioned above, wrist extensors are weaker than flexors, but in maximal physical fitness, these muscles shouldn't be ignored. Also for a moderately long, joint stress movement to work the extensor muscles effectively, hand support is more important than weight, which should never be heavy. Remember that the wrist and hands are made up of numerous small bones and muscles, and wrist work should always be done carefully, as is the case of sports. Too much weight or too wide a range of movement can hurt the hand.



Common mistakes: using the hand or feet after lifting it, bending the elbow to rest it, and using too much weight, preventing wrist movement.



Use a chair or a bench to support your back to reduce the lower back strain. If your grip is stronger than your wrist, you should use a much heavier barbell or a bar to grip at your feet.

Muscles Used

anterior supinator, anterior wrist radii (long and deep), anterior wrist radii (long), anterior wrist radii (deep)

Technique

The position is the same as the barbell curl, but here you use one hand. Flexion is more constant, but you need to keep the movement slow to avoid using the momentum of the arm. Breathe, there is no difference from the preceding exercise.



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