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# Scuba Fitness: Featured Exercise - Concentration Curl for Biceps Strength (Photos)

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Concentration Curl for Biceps Strength Starting Position  
(Gretchen M. Ashton, Photographer)



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“*This exercise is great practice for the mind muscle connection.*”

The biceps muscle of the upper arm is recruited along with the muscles of the back when the body is required to perform powerful physical activities such as lifting and pulling.

Divers benefit from both the physical strength and mental discipline developed with this exercise. Adaptations to diving activities include, lifting and handling gear on or near the body, climbing boat ladders under the weight of gear, assisting other divers with gear or rescue, and commercial and technical diving tasks.

**Concentration Curl:** In a seated position as shown in the slideshow, brace the back of the arm between the elbow and shoulder against the inside of the same thigh above the knee. Count to four while exhaling and lifting the weight, then count to four while inhaling and lowering the weight. Watch the biceps work and feel the sensations of the exercise. It is very rewarding

and motivating.

**Precautions:** The elbow will sometimes slide up and/or on top of the leg. This usually happens when divers attempt to lift the weight by leveraging with the body instead of using the biceps. If this “unraveling” of form occurs, pause, reset and continue with proper form.

More Exercises: Visit **[www.scubafit.com](http://www.scubafit.com)** and **[www.fit-diver.com](http://www.fit-diver.com)** to learn more about fitness for divers and purchase **FitDiver mobile apps** for scuba diver fitness. Follow **ScubaFit®** and **FitDiver®** on Twitter. Find **ScubaFit®** and **FitDiver®** on Facebook.