

## Skill: Alternate Dumbbell Curl

Training Method: Curls

Technical Points	Perfect	Nearly There	Needs More Practice
<b>Preparatory position:</b> The performer should start with feet inside shoulder width apart, core braced and shoulders back.			
<b>Preparatory position:</b> The performer should pick up the dumbbells and hold them in an underhand position, with their elbows by their side and arms fully extended.			
The performer should start the movement by curling the weight with one arm towards their shoulder while only moving from their elbow joint while their other hand hangs by their side.			
The performer's elbows should remain by their side, with no movement from their shoulder, as this would create a swinging motion.			
The performer should then lower the dumbbells back to the starting position, ready to complete the next rep on the opposite arm.			
The performer should repeat the above process with the opposite arm.			
The performer should move their elbow through a full range of movement, under control, to complete a repetition.			
Things that need to be improved (based on peer/coach/video feedback):			
My next steps (improvement plan):			

Notes



Name: \_\_\_\_\_

**PEAK**  
PERFORMANCE

